

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

October 2016

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

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By Eric Butterworth

You Are Wonderful

By Mary L. Kupferle

You are wonderful because you are a child of God. God created you in His own image and likeness, according to His idea of perfect man.

Turn from all memories of past mistakes or appearances of failure and take hold of a new picture of yourself. Remind yourself that you are a channel for God's ideas of light, life, and substance.

Praise and bless your mind for its alertness, its keen perception and spiritual judgment. Praise and bless your body temple for its quick response to ideas of healing.

You are a chosen vessel for the expression of the nature of God, your Father. You are a chosen vessel, right where you are, for the manifestation of the perfect spiritual nature that is your true heritage as a child of the living God.

You need never, even momentarily, be envious of another because of the talent, beauty, or perfection he expresses or manifests.

Begin right now to accept the truth of your indwelling spiritual nature. Accept it by affirming; "I am a channel for the free flow of spiritual peace and poise." Then relax and let go. Let God work in and through you. Spirit never forces, but flows bountifully and

freely when it finds a free and open channel through which to pour its multiple blessings.

You are a child of God. This is a basic spiritual truth, the truth of being as taught by Jesus. He declared, "I and the Father are

one." He encouraged us to do the same in His words, "Follow me."

This is the day for you to begin following the truth that He taught. Begin by letting your thoughts rise in prayer and meditation.

Remind yourself again and again throughout the day, "I am a child of God. I am a channel for the free flow of His pure, abundant life. I am a channel for the free

flow of God's love and blessings."

You will find yourself beginning to express and manifest more and more of the perfection of your true spiritual nature, more and more of the glory and radiance of God. Your thoughts will be charged with new confidence and inspiration, your words with new life, your body temple with new strength and beauty, your affairs with new success and accomplishment.

You are wonderful! This is the way God created you.





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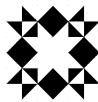
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Thanksgiving Eve Service

First Unity will host the combined Thanksgiving Eve Service this year.

Plan to join us on Wednesday, November 23 at 7:00 p.m. for the service. We will serve refreshments afterwards. Sign-up sheets will be available for those willing to bring goodies to share with all our Unity friends.



Quilts for Kids: 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, Oct. 19th at 5:30, at Smokee Mo's BBQ, 606 Jeffco Blvd., Arnold. For more information call Mary Tumminello Home: 314-843-1807 Cell: 314-814-4530.



October 11: The Girl on the Train by Paula Hawkins
November 8: The Ginger Tree by Oswald Wynd
(All are welcome, whether you have read the book or not.)



eScrip News – Remember to use your eScrip card at Schnuck's. Go to www.escrip.com, or look for the link on the First Unity website to earn money for First Unity as you shop. Thank you!

Feed My People ... for I was hungry and you gave me food; I was thirsty and you gave me something to drink; I was a stranger and you welcomed me. -Matthew 25:35



www.feed-my-people.org

Youth Education

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



Love music and history?



On Saturday, October 29th, First Unity is planning an outing to **the National Blues Museum in downtown St. Louis** at 615 Washington Ave. Called one of the "must-see" museums of 2016 by Smithsonian.com; the museum has 25,000 square feet of galleries, technology-driven interactive exhibits, photographs and more. We may be hungry after all the fun and need to do lunch at a downtown location to be determined.

Join us there at 10:00am or meet at First Unity at 9:15am to carpool. There will be a signup sheet at the church if you want to attend or call Sandy Etheridge at 314-638-8542.

Cost is \$15 for adults, \$12 for seniors, \$10 for children 5-17 and college students with ID.

Save these dates:

Decorate for Christmas: Nov. 26 at 9:30 a.m.
Christmas Party & Luncheon: Dec. 18
following Sunday Service
Christmas Candle Lighting Service: Dec. 25 at 10:30 a.m.

Dean Christopher

"Classic Vegas Christmas"

Come hear Dean's "12 Days of Christmas"
Friday, Dec. 2nd, 7:30 p.m.
First Unity Church of St. Louis
Tickets: \$20.00
Call: Church @ 314-845-8540
or Chuck: 314-614-2950
Special Guest: Craig Hawksley

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.



October Affirmations

Inner Peace: Stillness nurtures peace in my soul.

Guidance: Attuned to Divine Mind, I grow in spiritual understanding.

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

Prosperity: I sow positive thoughts and harvest abundant blessings.

World Peace: Divine love encircles the world, flowing from heart to heart as peace.

What it means to be a Christian

Christians are slow to lose patience, but quick to be gracious.

Christians look for ways to be constructive, even when provoked.

Christians restrain from trying to impress others with their own importance.

Christians practice good manners.

Christians are not “touchy,” even when insulted.

Christians think the best, not the worst, of others.

Christians do not gloat over the wickedness of other people.

Christians are pleased to reach out a hand to someone in need.

Above all else, Christians exhibit the love of Christ in their hearts and in their lives.

Inspiration and persistence

Chicago teacher Jack Canfield was having trouble persuading his inner-city students to want to learn. Many thought they were unable to grasp the lessons Canfield was trying to teach. Many lacked self-confidence and motivation.

One day, while meditating, Canfield had a vision. What if he collected stories by or about people who had overcome obstacles of all sorts? Wouldn't that be like chicken soup for the soul?

Canfield joined with a friend, Mark Victor Hansen, and together they began to collect inspirational stories about people who had overcome handicaps or personal problems to succeed in life. They took the final collection to 140 book publishers before they found one that would print it. That book became a best seller and encouraged them to publish several other “Chicken Soup” books. There are now 100 million copies of these books in print.

Like the people in their books, Canfield and Hansen overcame obstacles on the way to sharing their inspiration. They believe that they were led by the hand of God.

The rewards of generosity

When St. Paul was concerned about the welfare of poor Christians in Jerusalem, he appealed to other churches to help them. The Corinthian church promised a “bountiful gift” which was very pleasing to Paul.

In a letter to the Corinthians, he said, “You will be enriched in every way for your great generosity ...” (2 Corinthians 9:11, nrsv).

How could the apostle make such a claim and with considerable assurance?

No doubt it was because he knew that giving always enriches the giver. “I give,” said an older church member, “not because of the needs of the church but because of what giving to the church does for me.”

St. Paul believed that it was like gardening or farming. The grower sows a small number of seeds into the ground, but the payback is the bountiful harvest which comes later. “Give,” said Jesus, “and it will be given to you. A good measure, pressed down, shaken together, running over, will be put into your lap” (Luke 6:38, nrsv). In short, no one can out give God.



Pumpkin People

How is being a Christian like being a pumpkin?

God sees us, picks us out of the dirt, cleans us off, takes the yucky material out of us by forgiving us, puts a smile on our faces and places a shining light within us for others to see.

Jesus said: “Let your light shine before others, so that they may see your good works and give glory to your Father in heaven” (Matthew 5:16, NRSV).

“Quotable Quotes”

Every calling is great when greatly pursued.

-Oliver Wendell Holmes

God doesn't look at how much we do, but with how much love we do it.

-Mother Teresa

Happiness cannot be traveled to, owned, earned, worn or consumed. Happiness is the spiritual experience of living every minute with love, grace and gratitude.

-Denis Waitley

He who is filled with love is filled with God himself.

-Saint Augustine

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

-Mother Teresa

To us also, through every star, through every blade of grass, is not God made visible if we will open our minds and our eyes.

-Thomas Carlyle

Trees are the earth's endless effort to speak to the listening heaven.

-Rabindranath Tagore

The future belongs to those who believe in the beauty of their dreams.

-Eleanor Roosevelt

The good Lord gave you a body that can stand most anything. It's your mind you have to convince.

-Vincent Lombardi

The great awareness comes slowly, piece by piece. The path of spiritual growth is a path of lifelong learning. The experience of spiritual power is basically a joyful one.

-M. Scott Peck

Going Through – or Growing Through?

By Eric Butterworth

SOME OF US LOOK at God through our troubles. Others of us look at our troubles through God. The difference in viewpoint makes the difference in our lives. Looking at God through our troubles means having a faith that fluctuates like a barometer. It also means meeting adversity with the question: "Why did this happen to me? I have believed in God. Why is God punishing me?"

Looking at our troubles through God means realizing that this is an orderly universe, that the activity of God is omnipresent, and that because God, the good, is in all and through all, there must be some good in each experience, no matter how tragic or unjust it seems. Obviously, this attitude is conducive to healthy-mindedness.

Dr. George M. Lamsa, Syrian Bible scholar, has shed new light on one of the most obscure and limiting of Christian teachings. The traditional translation quotes Jesus as saying, while on the Cross, "*My God, my God, why hast thou forsaken me?*" (Matt. 27:46) To believe that God would forsake Jesus on the Cross is to believe in a God who is vengeful, capricious, and less than caring. If God would forsake Jesus, what hope is there for you and me?

From the Aramaic version of the Bible, Lamsa translates this statement as "*My God, my God, for this was I spared!*"

Thus, by one slight mistranslation a beautiful concept is obscured and a limiting teaching is set forth. "For this was I spared" would seem to mean: "In the midst of challenge, I know that this experience is somehow a part of my unfoldment, an opportunity for growth." The translation, "*Why hast thou forsaken me?*" showed Jesus looking at God through His trouble. Dr. Lamsa's version shows Jesus looking at His trouble through God.

Life Is for Living

Life is for living-for unfolding-for releasing our hidden powers! Life is a continuous experience of growth and change. The reason that we so often misread life's experiences and assume that our lot is hard is that we have mistakenly thought of the goal of life as ease and security.

Unfortunately, this has become the hallmark of the modern way of life in many parts of the world. We tend to worship material success, the easy road, peace of mind, love and marriage on the "live happily ever after" theme, and early retirement from a life of work and worry to a life of ease.

This is a completely unrealistic attitude toward life. Of course there is no reason why we cannot demonstrate the easy road, the trouble-free experience, the unchanging way of complete security-if that is what we really want. But no one is ever happy with this way of life. All of us long for happiness; and there is no possibility of happiness except along the way of self-discipline and growth and overcoming. Happiness comes not from escaping problems but from meeting and overcoming them. It is not a matter of just "going through"; it is a matter of "growing through" them.

A photographer once tried to get a dramatic picture of a lovely old cathedral. An amateur camera bug followed him around out of curiosity. The pro walked around the building time after time; he climbed fences; he stretched out on the ground; he studied the subject from every angle. The amateur commented on this great care in taking just one picture. The pro said, "you see, young man, in every situation there is one right angle from which to shoot, one spot on which to fix your camera lens if it is to get the best picture."

Almost any building or person or action scene can be made into a beautiful picture if you get a shot from the right angle. Perhaps Emerson had this in mind when he

said, "This time like all times is a very good one if we but know what to do with it." And it follows that right where you are this experience this happening, is a good thing if you know what to do with it, if you can see it from the right angle, if you can meet It with the right attitude.

Right where you are, whatever you may be experiencing-with all its heartache and pain and longrange implications of misfortune-can be a blessing, an opportunity, through which you can grow and move on to success if you find the right angle.

You Have a Choice

But first you must decide whether you will merely go through the experience, making the best of it, perhaps shrugging your shoulders and saying, "Well, that's life for you," or whether you will determine that this is an opportunity to dig a little deeper into your inner potential and draw on the limitless reserves of Spirit within you. You can, if you will, make it a tremendous, unfolding experience that will work for your highest good.

It is important to know that you always have a choice. This time, this experience, this relationship is good if you know what to do with it. You may not be able to determine outwardly the kind of world you are to live in.

You may not appear to have a choice as to the kind of work you will do, or the kind of employer or co-workers you will be associated with. You may not even be able to choose the kind of neighborhood you will live in, or the sort of weather you will have on a given day. (Although the better we understand the law of attraction, the more we recognize that we are more closely involved in all these things than we suspect.) But you will always have a choice as to how you will meet these things; what you will think about them; how you will react to them; and this choice will determine the whole character of the experience as far as you are concerned.

A man I know was involved in the merger of two giant corporations a few years ago. There was the usual struggle for power at the executive level of each firm. Eventually this man was let out after more than twenty years with his company. His experience had been in a highly specialized field in which there no longer appeared to be a demand for his services. He was so embittered by the injustice of it all that he simply stopped living and became a defeated and tired old man. I say tired "old" man because this is what his thoughts project. Actually, the man is relatively young. Although many others have faced similar crises and have confidently moved into new fields, he, after eight years, shows evidence of carrying out his own prophecy, "This is the end of my life."

On the other hand, we have the scriptural story of Joseph, who was sold into slavery by his brothers. Joseph was the favored son of Jacob his father which caused his brothers to be jealous.' But Joseph saw his situation through God, and there followed a chain of almost unbelievable circumstances that culminated in his rise to a high position in Egypt, second only to Pharaoh. In the end, he proved that he had actually grown through the misfortune for he met his brothers with love and forgiveness and said to them, "You meant evil against me; but God meant it for good." (Gen. 50:20)

You may say that such an attitude of understanding is unrealistic; that the brothers did not deserve such loving treatment. Perhaps you have had occasion to ponder Jesus' statement, "*Love your enemies and pray for those who persecute you.*" (Matt. 5:44) You may have thought, "In this instance they don't deserve my love." Perhaps not, but you do.

At no time can you afford not to let the love of God flow through you. What others do is their problem. What you do is yours. The brothers did not deserve Joseph's love; but

Joseph deserved love, and he claimed it. Why should he destroy himself with bitterness and unforgiveness by holding ill will toward his brothers? Fortunately, Joseph had found the right angle.

Studying the story by looking at its conclusion first and then reversing to its start, it would appear that it is a carefully written script unfolding to a perfect, successful conclusion. What if Joseph had not been faced with this tragic event? What if his brothers had not sold him into slavery and he had remained at home in his father's house, pampered by his father and hated by his brothers? He might have become one of many people we see today who eventually lose their self-respect, hate their father, and perhaps even become alcoholics, living a life of ineffectiveness.

How do we know? Perhaps the path his life took was the only one on which he could have found himself. Perhaps he had to have that crisis as the motivation for drawing out his potential.

This does not mean that the brothers' actions should be condoned. There is another story, and obviously they must have paid the price for their treachery in some way. But "in everything God works for good," and the story of Joseph illustrates this truth. We should not forget that in every case we have a choice. We can decide whether to *go* through or *grow* through the experience. Joseph chose to grow, and turned his misfortune into good fortune.

See It Right

If only we could always remember the lesson in the story of Joseph. No matter what the loss or misfortune or injustice, it can lead us on to greater good, provided we find the right angle.

You may wonder, "What earthly good is there in this?" But that is looking at God through your trouble. Or you may declare, "He who is in me is greater than he who is in the world. I am going to declare that this will work for my good, for my

growth and unfoldment. And I am going to act as if it were one scene in a plot that miraculously leads to good, just like the story of Joseph. Then you will be looking at your trouble through God!

Consider the story of the Israelites in their flight from Egypt. They had been living as slaves for many generations; they were a completely disorganized people. They had no traditions, no culture, no pride of race or religion or nationality.

Do you remember how God directed Moses to lead his people to the Promised Land, and how it was forty years before they arrived? It would appear that either it was an unbelievably long journey, or else they were lost for a long time. Actually, neither was the case. As the crow flies, the distance from Egypt to Palestine is about 200 miles-less than thirty minutes by a modern jet airplane.

If you reread the story you will find that the Israelites actually reached the Promised Land in a little more than two years. But once there they sent spies into the land, and the spies returned with a tale of woe. There were giants in the land, and "*we seemed to ourselves like grasshoppers, and so we seemed to them.*" (Num. 13:33)

Thus, the key to the forty-year sojourn in the wilderness was this "grasshopper" consciousness. Moses must have realized then that in order to make a successful venture into an occupied and fortified land, the Israelites would have to become a nation. He led them into the wilderness for a long period of training, during which they became a homogeneous group; a new nation. They developed laws and customs and traditions. They actually became a people with a culture and a tradition and with a pride of religion. Finally, they were able to go in and possess the land.

The story reveals that the Promised Land was not so much a place to which to go as it was a state

of consciousness that the Israelites had to achieve with within themselves. The span of forty years of wandering in the wilderness was not merely a time in which they were trying to locate a country, but a time in which they were growing and developing into the "promised land" of their own nature.

It is likely that many of the Israelites complained to Moses, "How long do we have to go through this terrible experience?" But Moses knew that they had to do more than go through it, they needed to *grow* through it. If they had not grown through it, the Israelites very well might still be wandering as a nomad tribe in the wilderness. There never would have been a nation of Israel or Judah; there never would have been Christianity; and there never would have been a modern Israel.

We can never become anything that we do not have the potential for becoming. If this is true, then the potential was with us in the beginning and is still with us along the way-no matter what may happen or in what state we may find ourselves.

Even if we are mired in a ditch, we still have the same potential we had when we started on the journey. The experience in the ditch may be the best possible way through which we can grow as we need to in order to reveal the next unfolding phase of our potential.

Unfortunately, we tend to measure life too much by misfortunes-by the ditches along the way. Life is an experience in livingness, a continuing opportunity to grow and unfold our "imprisoned splendor."

You Will Know **By Mary L. Kupferle**

Do you need wisdom and guidance? Do you wish you knew how to handle some difficult situation in your life? Is it hard for you to make right decisions? If so, take hold of the above words, dear

friend, and repeat them often to yourself, saying firmly and quietly, both silently and aloud, "I will know."

Tell yourself often, gently but persistently, "I will know." A new calm will fill your mind and heart. You will touch a new depth within yourself you did not know existed. You will find you *do* know-and more than you thought! You will understand with greater clarity. You will comprehend with greater vision.

Your heavenly Father created you to be a channel for His infinite wisdom, and He ever seeks to pour through your thoughts and feelings a boundless flow of knowledge about all things. You can know all things you need to know, for He is within you. You can remember all things you need to remember, for He is the source of all remembrance.

Your wonderful mind has no limits because it is the creation of Divine Mind. There is no boundary to your understanding, because God, your Creator and Father, is universal understanding. You can understand anyone and anything through becoming quiet and receptive to the Mind of God within you.

Some time ago when I needed to make an important decision, the words, "I will know," held to consistently helped me to relax and trust the Mind of God. They gave me assurance and led me into new and understanding needed in the situation. I knew what to say. I knew what to do. No one else could have sufficiently reassured me. I had to know, within myself, and I did know.

Many mornings and evenings this is my only prayer, "I will know. Thank You, Father, I will know." Time after time these words calm my fears, strengthen my belief in myself as a child of God, and encourage a relaxed manner and attitude, enabling me to meet any challenging circumstances of the day. They give blessed peace and relief from anxiety, and strong serenity.

You will find that these words held lightly but persistently seem to

work as a track of light within your mind for all other thoughts and feelings to follow. "I will know." You will find it amazing the way answers come as they are needed. Necessary information will come to hand. Right encouragement will appear at the right moment. Steps needing to be taken will be revealed, and events will unfold in order before you.

If you long to see a member of your family or a friend find his way out of any difficulty, the strongest help you can offer is the simple affirmation, "You will know." Say it silently. Say it aloud. No matter who it is-Sister, brother, mother, father, child, grandchild, employer, or employee-you can count on the great truth that the Mind of God is within those you would bless, and through this great Mind of God they *will* know.

Charles Fillmore says, "No matter how ignorant you may be of the world's ways or God's ways, if you will give your mind to the attention of the one Mind, you will in due season become wise. This great law of mind and Mind recognizing each other and flowing together in unbroken wisdom has been known in all ages and among all peoples. The Scribes and Pharisees who knew the life and lack of scholastic advantages of Jesus, the carpenter's son, exclaimed in amazement, 'How knoweth this man letters, having never learned!' "

Be still, and know. You will know exactly what to do and how to do it, for the Mind of God is in you. Be still, and know, and you will handle all things with ease, grace, and with blessings for all. Be still, and know, and you will feel the peace, assurance, and quiet joy of realizing that your direction comes from the fount of all wisdom, Divine Mind-God!

October 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						<i>1</i>
2 <i>Sunday Service, 10:30 AM Youth Ed, 10:30 AM</i>	3	4	5 <i>A.A. Men's Group, 10 AM CA 7PM</i>	6 <i>Quilts for Kids, 10 AM Ukulele Practice, 7PM</i>	7	8
9 <i>Sunday Service, 10:30 AM Youth Ed, 10:30 AM</i>	10	11 <i>Book Club, The Girl on the Train by Paula Hawkins at Bread Co. at 2PM</i>	12 <i>A.A. Men's Group, 10 AM CA 7PM</i>	13	14 <i>Prayer Chaplain Seminar</i>	15 <i>Prayer Chaplain Seminar</i>
16 <i>Sunday Service, 10:30 AM Youth Ed, 10:30 AM</i>	17 <i>Ladies' Night Out at Smokee Mo's BBQ, 606 Jeffco, 63010 at 5:30 PM</i>	18	19 <i>A.A. Men's Group, 10 AM CA 7PM Planning Mtg, 6PM Board Mtg, 7PM</i>	20 <i>Ukulele Practice, 7PM</i>	21	22
23 <i>Sunday Service, 10:30 AM Youth Ed, 10:30 AM</i>	24	25	26 <i>A.A. Men's Group, 10 AM CA 7PM</i>	27	28	29 <i>Blues Museum Trip</i>
30 <i>Sunday Service, 10:30 AM Youth Ed, 10:30 AM</i>	31					

Wings

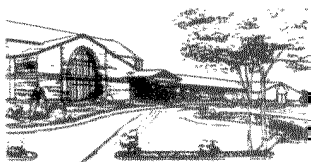
THE OCTOBER 2016 NEWSLETTER OF
FIRST UNITY CHURCH OF ST. LOUIS

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The light side -- A little holy humor

Prayer with a boost

When starting a new diet, I altered my drive to work to avoid passing my favorite bakery. I accidentally drove by the bakery this morning and there in the window was a host of goodies. I felt this was no accident, so I prayed, "Lord, it is up to you. If you want me to have any of those delicious baked goods, create a parking place for me directly in front of the bakery."

And sure enough, God answered my prayer! On the eighth time round the block, there it was!

The matter of conscience

A Sunday school teacher asked her class, "What happens when someone's conscience bothers them?"

A boy spoke up and said, "It makes you tell your mother what you did before your sister tells on you."

A unique proposal

At the celebration of their 50th wedding anniversary, Mr. and Mrs. Earl Calhoun of Tulsa told how he proposed and she accepted. They were attending a church service in Deepwater, Missouri, when Mr. Calhoun flipped through the hymnbook and pointed out the words, "Every Day I Need Thee More." Mrs. Calhoun took the hymnal, turned a few pages and showed him her answer: "Take Me As I Am." He did.

A child's name

A mother told another woman that she had named her child Verily.

"That's an unusual name," the woman replied. "Is that an old family name?"

"No," answered the new mom. "It's a name I found in the Bible. Jesus said, 'Verily I say unto you'"

Shelling out

A funeral director tells of a tombstone he once found in an old cemetery. It read:
Here lies the body of Solomon Peas
Under the sod and under the trees.
Peas is not here, 'tis only the pod.
Peas has shelled out and gone to God.