

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

September 2016

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- Information
- Illumination

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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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Randy Schmelig, Minister Emeritus

LICENSED UNITY TEACHER Deb Fry

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Silent Unity: 1-800-669-7729

Wings September, 2016 Page 2 Join us on Thursday, September 8 to participate in **Unity World Day of Prayer**. Our sanctuary will be open from 10:00 a.m. – 6:00 p.m. for prayer and meditation, and our Prayer Chaplains will be holding a prayer vigil. Participants can engage in silent prayer and meditation, submit prayer requests in writing, and/or pray with a First Unity Prayer Chaplain. A Silent Unity Prayer & Meditation will be held on the hour throughout the day.

Discover the Power Within; Unleash Your Divine Potential. September 8th.

Unity 101

Join us on Sept.10, 9:00 a.m.-12:00 p.m. for an interactive class on Unity's basic teachings. 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 enrich your prayer life as we explore the fundamentals of prayer on Sept.10, 1:00-4:00 p.m. Unity 101 and The Power of Prayer are prerequisites for Prayer Chaplaincy.

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.



ney for First Unity as you s Thank you!

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, Sept 19th at 5:30. We will meet at Outback Steakhouse on 5240 S. Lindbergh Blvd, 63126. For



more information call Mary Tumminello Home: 314-843-1807 Cell: 314-814-4530.



September 13: The Glass Castle by Jeanette Walls

• 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.)

Save These Dates:

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

Sept. 24 - Mystery Dinner. 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. Oct. 28 – Must see National Blues Museum. Details to follow.

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.

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.



LENDING LIBRARY

September Affirmations

Inner Peace: With mind and heart centered, I am at peace. **Guidance**: Divine wisdom

guides and directs me.

Healing: Divine life infuses every cell of my being.

Prosperity: Divine love flows to me as abundant good.

World Peace: My harmonious actions inspire peace among others.



Prayer for World Day of Prayer

God is a love that has no end and a power that knows no bounds. When I remember that God's presence lives in me and as me, I let go of worry and fear. Self-doubt disappears and I trust the power of God within me. I boldly step forward into the field of divine potential. I act with strength, kindness, and compassion to bless the world and all my loved ones. Gratefulness fills my heart as I affirm harmony, peace, kindness, and acceptance for all people everywhere.

Examine your convictions

I'm tired of hearing about men with the "courage of their convictions." Nero, Caligula, Attila and Hitler all had the courage of their convictions — but not one had the courage to examine their convictions, or to change them, which is the true test of character.

-Sydney J. Harris

Honor teachers

James Michener, the author of books such as The Source and Hawaii, was once invited by

President Eisenhower to a dinner at the White House. He answered the president with these words:



"Dear Mr. President: I received your invitation three days after I had agreed to speak a few words at a dinner honoring the wonderful high school teacher who taught me how to write. I know you will not miss me at your dinner, but she might at hers."

President Eisenhower answered Michener by saying, "In his lifetime a man lives under 15 or 16 presidents, but a really fine teacher comes into his life but rarely."

Sunday school is now in full swing, so let us honor all of our teachers. They sacrifice their time to prepare lessons, decorate classrooms, teach with loving care, and most importantly, to be "there" for their students.

Up to the task

When work — or life — gets difficult, we may think back to childhood. Things were a lot easier and our problems were much smaller when we were young.

Or were they?

The challenges we faced back then may seem small and insignificant now, but they surely didn't feel that way at the time. Somehow we endured each challenge — and grew as a result.

The next time you face a difficulty, remember this: The task before us is no greater than the power behind us.

And there is power behind you. "For my yoke is easy, and my burden is light" (Matthew 11:30).

A place for you

How much do you know about the Bible? Or Christian history? Or different ways of praying? Or Christian stewardship? Or Christian theology?

Do you even know why most but not all — Christians worship on Sundays?

The point is, no matter what your age, there is much to learn from

classes offered at the church. If you are interested in learning about a certain religious topic, speak to the pastor.

Look for the smile which breaks forth on the pastor's face. Why? Because an educated congregation thrills pastors. Learning is part of loving God with one's mind. Christian education helps us understand what living as Christians is all about. So go ahead, ask about a class that might interest you.

"It is not enough to have a good mind," said the French philosopher, René Descartes. "The main thing is to use it well." Learning about Christian beliefs and practices is using one's mind quite well. Your church is a place for you to learn. It has a class for you.

"Quotable Quotes"

Education is the most powerful weapon which you can use to change the world.

-Nelson Mandela

Have great hopes, and dare to go all out for them. Have great dreams, and dare to live them. Have tremendous expectations and believe in them. —Norman Vincent Peale

When a man is wrapped up in himself, he makes a very small package.

-John Ruskin

The man who has no inner life is the slave of his surroundings.

-Henri Frederic Amiel

Ordinary riches can be stolen, real riches cannot. In your soul are infinitely precious things that cannot be taken from you.

-Oscar Wilde

Autumn is a second spring where every leaf is a flower. —Albert Camus

Many things I have tried to grasp and have lost. That which I have placed in God's hands, I still have. —Martin Luther

Any fool can count the seeds in an apple. Only God can count all the apples in one seed."

-Robert Schuller

No job is boring if we can see God's purpose in it.

The dignity of labor depends not on what you do but on how you do it. —E.O. Grover



How Much Faith Does It Take? By Russell W. Lake

The other day a young woman said to a friend: "I don't understand why I can't get the things I want and need. I know they are rightfully mine, but they just don't seem to come. People tell me I have to have faith. I do have faith and I try and try, but nothing happens. I ask you, how much faith does it take?"

A long time ago Jesus said: "If ye had faith as a grain of mustard seed, ye would say unto this sycamore tree, Be thou rooted up, and be thou planted in the sea; and it would obey you."

That does not sound like very much faith-the size of a mustard seed. It would seem that we should easily be able to develop that amount. Just a little faith, Jesus said, will perform miracles. But whether you demonstrate the good you desire depends upon what you have faith in.

When the woman who was ill touched the hem of His garment, Jesus said to her: "Daughter, be of good cheer; thy faith hath made thee whole."

"And when he was come into the house, the blind men came to him: and Jesus saith unto them, Believe ye that I am able to do this? They said unto him, Yea, Lord. Then touched he their eyes, saying, According to your faith be it done unto you. And their eyes were opened."

How much faith does it take? A better question is, where have you placed your faith? Faith in God's power and presence produces an irresistible force for good in your affairs; faith in the power of evil also is effective, but in the wrong direction.

I know a businessman who is accustomed to praying fifteen minutes each morning for guidance in the day's work. Yet when he gets to his office he seems to spend most of his time fearing and hating and seeking chances to take advantage of the other fellow. It appears that he has faith but he has placed his faith in the wrong power, in the power of outer things to harm him. And he wonders why affairs don't turn out right, when he prays so hard!

We have Jesus' promise of all the delights of the kingdom but in order to enter into that joyful state there are certain things we must do. Jesus gave full instructions. He said we must have faith in God. He also said we must love our neighbors as ourselves, we must look only to God for our health and supply, we must turn away from all that is opposed to Him.

If you believe you can lift the paperweight on your desk, then you also believe that the power of gravity will not prevent your doing so. If you have faith in your ability to rise from your chair you have faith in strength, not in weakness. You cannot have faith in both of two opposing forces. Then how can you have faith in God to heal your body and at the same time fear that the illness is there to stay? How can you expect to develop faith in God as your supply and still cling to the old faith in the power of the world to deny you prosperity?

Paul said "faith is assurance of *things* hoped for, a conviction of things not seen." That is pure faith: faith in the good even though your mortal mind cannot actually plot out its manner of approach. Jesus promised that in accordance with your degree of faith it shall be done unto you. You need an unwavering faith, a faith like that of a child who does not try to figure out how or why.

To have complete faith in God means that all of us must give up certain ideas we may have acquired through being too impressionable toward the world about us. Some of those ideas are deeply rooted and require a spiritual major operation to tear them loose. Among the enemies of faith is fear, which includes selfdoubt. Jealousy and envy show lack of faith in the good that is rightfully ours. Cupidity and possessiveness represent faith in material things rather than in God. Worry is an enemy of faith, and acts to bar our good from us. When our minds are filled with the joyous "assurance of *things* hoped for," we cannot possibly hold the worldly conviction that misfortune constantly dogs our trail and that the things we want are something we should not expect, that are too good to be true.

We have to release such error thoughts and let them go, because so long as we cling to them we are placing our faith in the wrong power. We need to replace them with faith in the power of God, in the everywhere-present substance of Spirit manifesting to provide us with the desires of our heart. Faith the size of a mustard seed, if it is pure unadulterated faith, is enough to change our world.

We know that under divine law it is right and proper for us to have the things we desire. The desire is the manifestation itself as it first impinges on our consciousness, offering to come into our lives. It is wholly ours, for us particularly. The good things we want sometimes seem to hang tantalizingly just out of reach, holding in themselves all the joys of health and peace and prosperity that could be ours if only we could stretch far enough. Perhaps we strive too much and struggle when instead we ought to relax and in quiet faith invite our good to us.

Jesus warned: "Not everyone that saith unto me, Lord, Lord, shall enter into the kingdom ... but he that doeth the will of my Father." Yield up your thoughts of error and limitation and go forward strong in faith. Although lack can be a fact in your world and work its hardship, it has no power of its own but must constantly be charged by the action of your mind. Apply Truth, and it disintegrates quickly, like a snowman melting in the sun.

Recently two young men in California started a fresh orange juice business. They had little money but lots of ambition and a strong belief that they had a great idea. Other men have tried the same thing in other places, and in many instances have failed. The two began by extracting the juice by hand and filling quart bottles, which they peddled to stores and restaurants. Their success was not easy or quick. They ran into obstacles of which they had never dreamed. Their disappointments and inevitable mistakes and failures might have been enough to put other men out of business, but they clung to a simple faith in the rightness of their idea and in ultimate success.

They progressed slowly and finally were able to buy equipment for juicing and bottling. Little by little their product grew in favor. At last the major milk distributing companies began to take notice and approached them with offers to distribute their orange juice on home delivery routes as well as to grocers. Within a year after their small beginning they were well on the way to success.

When she was ten years old my daughter had a desire to possess a horse of her own. At that time we were living in a house in Chicago, and it was manifestly impossible to quarter livestock in our backyard. Anyway, I was not much intrigued by the idea. But she continued to hold the dream close to her heart in perfect assurance it would be fulfilled. Faith has a way of arranging outer affairs in a natural pattern to bring about the manifestation of the desire we confidently expect.

Some three years ago in the regular course of events it seemed an excellent idea to dispose of our house and furniture and set out for California which we did. On the way we stopped overnight in Arizona, and we stayed eight months. An ideal furnished house on the edge of a little town presented itself to us almost miraculously, and we moved in. A corral was available, and there was lots of room all around. It seemed the most natural thing in the world that we should buy not only one horse but three. When finally we completed the trip to California we took two of the horses along.

California has been good to us. The change we made has proved advantageous to us, but we did not realize until afterward that while we all have benefited, our daughter also has her horse.

Everyone can find in his own affairs past evidence that even a little faith works seeming miracles. If you are faced with a disappointment, instead of crying out in despair, "How much faith does it take!", turn away from doubt, and set about confidently developing further the faith that you have.

You can develop your faith through realizing the omnipotence of God and the unreality of worldly limitations. Develop your faith through knowing that the Christ in you has dominion over all outer things.

You will recall that when Peter and John were entering the gates of the Temple for the hour of prayer, they saw a crippled beggar asking alms beside the gate. The beggar held out his thin hands for coins. Peter paused and said to him: "Silver and gold have I none; but what I have, that I give thee. In the name of Jesus Christ of Nazareth, walk." The beggar had been crippled from birth, yet Peter reached down and took him by the hand and lifted him up. Instantly strength flowed into the beggar's legs and he walked. He went before them into the temple leaping and praising God.

How much faith did Peter need? Peter, the first of the disciples, represents faith. Yet on an earlier occasion, when Jesus went into Peter's house, he found Peter's wife's mother lying sick of fever. It was Jesus, not Peter, who stretched forth His hand and healed her. Peter healed the crippled beggar, yet at another time he was among the disciples who were with Jesus in the boat when a great storm arose and the wind shrieked and threatened to cast them into the sea. They were sore afraid and awoke Jesus, who said: "Why are ye fearful, 0 ye of little faith?"

And it was Peter whose wavering faith caused him three times to deny Jesus at the court. Yet it was the same, though stronger, Peter who later told the cripple to arise and walk. Peter developed his faith. He used the same inner power that Jesus used, the same power that is always present in you and in me to bring good into our affairs. Jesus promised: "He that believeth on me, the works that I do shall he do also; and greater *works* than these shall he do."

At the beginning, Peter, the simple fisherman, probably had no greater faith than we. But through developing his faith he grew in the realization of his Christ nature, and exercised his dominion over failure and fear and error. If Peter, who began no higher than we, could grow to such a stature, there is hope indeed for us.

Now faith is the substance of things hoped for, the evidence of things not seen. -Hebrews 11:1

God's Faith in Us *By J. Sig Paulson*

We know what a lift it is when our father or mother, or someone whom we love and respect, pats us on the shoulder and says: "I believe in you. I believe in the infinite capacity of your own Spirit. I believe that you have within you something great and beautiful and wonderful." Even more important is the faith of our heavenly Father in us. We have always had this gift of God's faith in us, but we have been slow to accept it. Let us accept this gift for ourselves now.

Let us accept our Creator's faith in us now, today. God knows the stuff that we are made of. He put His Spirit within us and our heavenly Father has never lost faith in that Spirit. We may at times have doubted our own divinity, but now let's change that, let's accept our heavenly Father's faith in us as His creation. Let us change our pattern of thinking and feeling about ourselves as individuals, as men and women, as workers, as members of the human race. We are here because our Creator has faith in us.

You Are Not Alone

By James Dillet Freeman

Most of us have friends or relatives who are very close and very dear to us. Yet there are times when we feel all alone. We have things to meet and we feel we have to meet them alone. But we do not have to meet anything alone. God is with us. God is with you. You do not have to face your problems alone. You do not have to make your overcomings alone. There is One with you always who will help you in everything you have to meet.

This does not mean that you do not have to make any effort yourself. You have to make all the effort of which you are capable. But you do not have to depend on your own resources alone. You have access to God. If we felt that we had only human resources to depend on, we might feel discouraged indeed; for often when we have a struggle to make we do not seem to have much to struggle with. The qualities of heart and mind and body that we need do not seem to be there. But if we hold on, if we do not lose heart but persist in effort and prayer, we shall find that we have qualities we never guessed we had, God's qualities.

You may feel however that you have no awareness that God is with you. If that is so, you can develop it. How can you develop it? You can develop it through prayer. It may come immediately. It may come slowly. But if you consciously and persistently seek the presence of God, you will find that presence.

This seeking does not have to be laborious. Regular periods of prayer are helpful if you have the time and the desire for them; but best of all, throughout the day remind yourself that God is with you. Especially the first thing on waking and the last thing before falling asleep, remind yourself that God is with you. Whenever something comes up, whenever you feel that you need strength or freedom or wisdom or peace, remind yourself that God is with you, helping you.

In this way you will come to know that truly God is with you. You will come to feel His loving, living presence. This does not mean that something phenomenal will happen. God is Spirit. He is intelligence, love, and life. And you will feel His presence as a quickening of your intelligence, love, and life. You will feel Him as a new sense of assurance and peace such as you never had before. You will feel Him as new vitality and strength.

Do not be discouraged if you do not see instant results. Have patience with yourself. Success is often the result of patient persistence through failure.

Many persons have to build a consciousness of the presence of God thought by thought as one builds a house brick by brick. It does not matter if you are not able to build the entire edifice in a day. "It is acceptable according as a man hath, not according as he hath not." The important thing is that you keep trying. "And ye shall seek me, and find me, when ye shall search for me with all your heart."

Know that God is with you right now, this minute, helping you right now to meet the present need. Put out of mind yesterday's regrets, tomorrow's fear. It is right now that God is with you and you have only one thing to meet, the present moment. God is with you as you meet it!

God is always willing to help us, but sometimes we do not let Him help us until we have exhausted all our resources. A man who does not know how to swim exhausts and frustrates himself in aimless struggles. If he would relax and float, he would discover that the water would support him, and with intelligent effort he could get to shore. Sometimes we struggle until we are nearly exhausted before we are willing to relax and let God support us. Then we make the astounding discovery that He does support and sustain us, and with a little intelligent effort we reach the shore!

And often success is nearer than it seems to be. Sometimes where no visible results appear, a great work has been done in the invisible. The work of God is a spiritual work done in heart and mind. But it is no less real because it is invisible.

So if you should come to the point where you feel like giving up, it is then you must hold on. Hold then steadfastly to the thought that God is with you and keep steadfastly on. For it is then, even in that moment, that the victory may appear.

For God is with you, your guaranty of victory. He does not forsake you. He loves you. He sustains you. He will help you up. He will help you on. He will help you to assurance in yourself. And with Him in your heart you yet will walk free and secure.

God is with you! That is the truth. Keep it before you. Think it, affirm it, repeat it until you have fixed it indelibly in your mind and heart, until you feel it in the inmost fiber of your being. You will feel it. Be sure of that. You will feel it so clearly that you will never doubt it again. Then nothing you have to meet will ever seem overpowering again, for you will know that with you is something infinitely more powerful, something braver than any fear, stronger than any weakness, firmer than any wavering, wiser than any doubt. You will know that in you is the divine capacity to meet every situation, the wisdom to know what should be done, the strength to do it. You will know that with you is God, and knowing, you will never be alone again. God is with you.

September 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
] Quilts for Kids Group, 10 AM Ukulele Practice, 7PM	2	3
4 Sunday Services 10:30 AM Youth Ed 10:30 AM	5 Labor Day	6	7 AA Men's Group, 10 AM CA, 7PM	8 Unity World Day of Prayer	9	10 Unity 101 9AM-12PM The Power of Prayer 1PM-4PM
11 Sunday Services 10:30 AM Youth Ed 10:30 AM Spaghetti Lunch & Apple Fest	Meeting, 6:45 PM	13 Book Club The Glass Castle by Jeanette Walls at Bread Co. at 2 PM	14 AA Men's Group, 10 AM CA, 7PM Planning Mtg, 6PM Board Mtg, 7PM	15 Ukulele Practice, 7PM	16	17
10:30 AM Youth Ed 10:30 AM	19 Ladies' Night Out, Outback Steakhouse, 5240 S. Lindbergh Blvd, 63126 at 5:30 PM	20	21 AA Men's Group, 10 AM CA, 7PM	22	23	24 Murder Mystery Dinner Theatre 6:30PM
25 Sunday Services 10:30 AM Youth Ed 10:30 AM	26	27	28 AA Men's Group, 10 AM CA, 7PM	29 Ukulele Practice, 7PM	30	

Wings THE SEPTEMBER 2016 NEWSLETTER OF FIRST UNITY CHURCH OF ST. LOUIS

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The light side - A little holy humor

Ever wonder why . . .

... drugstores make the sick walk all the way to the back of the store to get their prescriptions while healthy people can buy cigarettes at the front?

... people order double cheeseburgers, large fries, and a diet coke?

... banks leave vault doors open and then chain the pens to the counters?

... we leave cars worth thousands of dollars in the driveway and put our useless junk in the garage? ... we buy hot dogs in packages of ten and buns in packages of eight?

... they have drive-up ATM machines with Braille lettering?

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

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

... "abbreviated" is such a long word?

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

... lemon juice is made with artificial flavor, and dishwashing liquid made with real lemons?

... if flying is so safe, they call the airport the terminal?

... if con is the opposite of pro, is Congress the opposite of progress?

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

... sheep don't shrink when it rains?...

... they sterilize the needle for