

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

April 2017

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

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Beginning Again

By Lavella Medford

Sometimes when we have suffered great disappointments, we wonder if we can begin again. We may feel tired, unappreciated, and unwanted. We may wonder what we are to accomplish in this life, especially when things do not seem to be going our way. We may wonder if God has a plan for us. It may seem as if there is a plan for everyone else, but not for us.

Do not believe it! God has a plan for each of us. Anytime we come to a door that is seemingly closed, we can know that this, too, is a part of God's plan for us, which helps us find our perfect place of service.

If we chanced to see the earth only in the depths of winter when all is under a blanket of snow, skies dark and cloudy, and trees brown and bare, it would appear to be completely lifeless. But God has planned a wonderful surprise. As the snow melts and days become warmer, small patches of green begin to spring up from among the withered, brown grass. Buds begin to swell and burst open on the desolate branches of shrubs and trees as if in a joyous celebration of life's renewal. Crocus and daffodils spring from their hiding places in the dark, rich soil to awe us once again with their delicate beauty. The cycle of life is beginning again!



Thomas Edison and his team of scientists experimented with over 10,000 different materials as elements for the light bulb before finding one that worked satisfactorily. If he had not been willing to begin again those 10,000 times, we might not have light bulbs today.

We, too, can begin again, as often as we decide to. We can put behind us all the disappointments of yesterday, all our doubts and fears. We can refuse to be bound by a belief in circumstances or situations. We can ask, "What now, Lord?" knowing that an answer comes, and also knowing that regardless of how great our disappointments have been, God has a surprise for us as wonderful as the awakening and rebirth of spring. We can know that the power that brings the beauty and freshness of spring into being also brings the beauty of our potential into being. We, too, can begin again.



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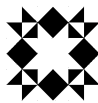
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First Unity Membership

For Unity membership, there are no requirements other than a desire to know God, to unfold spiritually, and to understand, love, and align with Spirit's Laws of Being. If you are feeling led to become a member of First Unity, just complete the "I Desire to Become a Member" form by the guest book in the lobby.

Flocknotes Updates

First Unity has implemented our new Flocknote program to keep you posted on upcoming events via text or email. If you would like to receive regular updates, please call the church office or send an email to firstunity@firstunitychurchstlouis.org.



Third Thursday Quilters

For information contact Jane Vondruska (636 226-4562) or Sandy Etheridge (314 309-8136).

The Ladies' Night Out

Group will meet Monday, April 17, at 5:30 p.m. at Trattoria Toscana at 11686 Gravois Rd, 63126. For more information call Mary Tumminello Home: 314-843-1807 Cell: 314-814-4530.



May 9: Love Anthony by Lisa Genova

June 13: Have A Little Faith: A True Story by Mitch Albom

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!



Youth Education

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



Annual Meeting: Plan to join us on April 30 immediately following the Sunday service for our Annual Meeting. Following the meeting, come downstairs for lunch. Deli sandwiches and salad will be served. Sign up if you would like to bring fruit or a dessert.

Ukulele Lessons

Beginning ukulele lessons are available for kids and adults. Call Joan Mueller at 314 849-7205 for details.

Ukulele Concert-March 30

5:00 p.m. Doors Open

5:30 p.m. Dinner

7:00 p.m. Concert

\$15 for adults, \$7 for kids

Call 314-849-7205 or the church office for tickets.

Save the Date

June 7: Jazz Concert and Spaghetti Dinner

Sept. 16: Trip to Grant's Farm

Oct. 22: Fall Luncheon after

Sunday Service

Oct. 27: Trunk or Treat 4:00 - 6:30 p.m.



Feed My People

Every year Feed My People gives out produce seeds and encourages their clients to grow some of their own food. All types of produce seeds are appropriate, although tomato seeds are especially popular. Because everyone can use a little beauty in their lives, flower seeds are also welcome. Food is, of course, always useful and this month protein items will be much appreciated.

www.feed-my-people.org

April Affirmations



Inner Peace: I surrender to the Christ Presence within and find true peace.

Guidance: Inner wisdom guides me to new ways of thinking and being.

Healing: My mind and body radiate the healing energy of Spirit.

Prosperity: My mind is a wellspring of prospering ideas.

World Peace: Peace in the world begins with love in my heart.

Christ risen and realized

Author George Thompson tells of a Jewish rabbi's appeal to Christians during the tumultuous 1930s. On Easter Eve, the rabbi wrote in a newspaper: "I challenge the Christian world to measure itself by the standards of Christ. As long as any group is judged by its creed or color or country in place of its character, Christianity is a sacrilege rather than sanctity. To this end, I summon Christians everywhere to make this Easter to signify Christ realized and not merely Christ risen."

Expanding our view of service

We often think of serving in terms of Matthew 25: supplying food and clothing; caring for the sick, incarcerated and other "least of these" members of society — serving Jesus in the process. But we also can serve him with our unique talents and by doing things we love.

For example, Ged King, a barber in England, devotes some of his time off to giving homeless people free haircuts. Imagine Jesus saying, "For my hair was long and scraggly, and you cut it" — or "My heart was lonely, and you played music to lift my spirits. I could no longer read small print, and you read to me. I have to work two jobs, and you invited my child to spend afternoons crafting with you. My car broke down, and you repaired it." Then the King will say, "Come, you who are blessed by my Father ... *whatever* you did for one of the least of these brothers and sisters of mine, you did for me" (Matthew 25:34, 40, NIV; emphasis added).

The friendly church

A friendly church is one where worshipers greet one another warmly and sincerely.

A friendly church is one where members seek out newcomers and make them feel welcome and important. Visitors hear that the congregation can help meet various needs: spiritual nourishment, Christian education, fellowship,

friendship, service opportunities, support and comfort during difficulties and more.

A friendly church has something for everyone. It becomes a loving home where people desire to return frequently for spiritual, social, physical and emotional support.

Short and sweet



Nineteenth-century pastor Charles Haddon (C.H.) Spurgeon was known as the "prince of preachers." He founded a seminary in

London, now named Spurgeon's College, and taught young pastors-in-training how to prepare sermons.

Spurgeon often gave students a Scripture text and then had them deliver extemporaneous sermons. One afternoon, he assigned Luke 19:1-10 to the shortest class member.

The student immediately stood up and said, "Mr. President and brethren, my subject is Zacchaeus, and it is therefore most appropriate to me. First, Zacchaeus was little of stature, as am I. Second, Zacchaeus was up a tree; so am I. Third, Zacchaeus made haste to come down; so will I."

When the young man sat down, his classmates urged him to continue. But Spurgeon loved the sermon, saying, "No, he could not add anything to such a perfect little speech without spoiling it."

Good Friday

At first glance, Good Friday appears to be a misnomer. It seems inconsistent that the day of Christ's crucifixion should in any way be described as "good." But that seeming inconsistency vanishes when we understand that the ancient meaning of good was "holy." The word holy is entirely consistent with the suffering and cross that Christ endured for us. Hence, Good Friday is also known as Holy Friday.

"Quotable Quotes"

We have not the reason to despair, quite simply because Christ has risen.

—Richard John Neuhaus

The soul would have no rainbows if the eyes had no tears.

—Native American Proverb

Life is like an onion: You peel it off one layer at a time, and sometimes you weep.

—Carl Sandburg

There is nothing harder than the softness of indifference.

—Juan Montalvo

The strength of a country is the strength of its religious convictions.

—Calvin Coolidge

To have grown wise and kind is real success.

—Anonymous

It is important that people know what you stand for. It's equally important that they know what you won't stand for.

—Mary Waldrop

Speak kind words and you will hear kind echoes.

—Bahn

Hold fast to dreams, for if dreams die, life is a broken bird that cannot fly.

—Langston Hughes

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

—Mother Teresa

He that seeks God in everything is sure to find God in everything.

—William Law

The will of God will never take you to where the grace of God will not protect you.

—Bernadette Devlin

The Resurrection Process

By Wayne Manning

Easter is the time we celebrate the resurrection of Jesus, a meaningful time to all of us. We are reminded, in our beautiful Easter services, of the glorious promise that the Resurrection holds for us, that through the example and overcoming by Jesus the greatest error belief is shown to be false. He gave us the most graphic demonstration possible to show that the belief in death has no basis in reality. This great central truth has a definite place in the theology of nearly all Christians. But it seems we often leave the resurrection experience to Jesus and see it for ourselves as only a future possibility. Can we possibly re-examine our concept of resurrection and gain an insight that we can apply in our lives right now, at this moment in consciousness?

All of the demonstrations of Jesus, including the resurrection of His body, were the result of His realization of a higher state of consciousness. Webster defines resurrection as a "rising from the dead." Rising is the key word, a word that implies more than an event; it implies a process or an activity. Let us explore then the idea that moving from one state of consciousness to a higher state is the very essence of the resurrection experience.

First, we must realize that resurrection is more than a noun that describes a fact, or an end, or a state. Again, resurrection is a process, an activity. Resurrection is a *movement* in consciousness, an *activity* in mind. Perhaps we can get a better idea of this rising process by using the analogy of making bread. We know that when we combine the proper ingredients in dough and do our work in proper order, we must then wait for

the dough to rise before it can be baked into a loaf. The rising activity must take place before the loaf can be accomplished. The "fruit" of the process, the activity, is the risen loaf, just as the "fruit" of the raising activity in consciousness is a raised "something," whether it be a body, a situation, or a state of consciousness.

A Process

If we think of the resurrection of Jesus as a process, an activity that worked in His consciousness, an activity that He used and taught throughout His ministry, we can begin to see how this process works. We can begin to understand how we can use this same process in our own lives as we work with our own growth in consciousness.

It seems obvious, because Jesus literally raised His body from what we call the death state, that He was operating from the highest state of consciousness we can imagine. But He got to that state by allowing this raising process, this resurrection activity, to work in Him, and He worked with it. Degree by degree, level by level, Jesus expanded in consciousness until He reached the state of awareness that manifested as His risen body. His raised body was the demonstration of a raising activity that had already occurred in His mind before and during the Crucifixion. Jesus understood and used this process daily, and we can see many examples of this in the Gospels. As we examine these, let us think of resurrection in this broader sense—as an activity, a raising from one state to another. Let us think of the resurrection of the body, not as a goal in itself, but as a marvelous by-product of an extremely high state of consciousness that one can attain, as did Jesus, by consciously and consistently "seeking first the kingdom of God," which is the true goal.

We do not simply jump from where we are in consciousness to that high state; we grow and unfold into it. The raising activity must take place before the dough becomes the loaf. In terms of time, one can have a resurrection experience in what seems to be an instant, or it may take a great deal of work and passing time to achieve a particular level of awareness. But the process still must take place, and the activity of raising is always in ultimate resurrection of the body with smaller resurrections right now, remembering that the process is just the same.

One of the first examples of the resurrection activity in Jesus' life came at the very beginning of His ministry as related in Matt. 4:1-11. He had just been baptized by John and was being tempted in the wilderness. In metaphysical thought, we understand that these temptations were occurring within Jesus, in His mind. In other words, He was having a discussion with Himself, as you and I often do when weighing the pros and cons of any situation. He was in the wilderness of conflicting thoughts. He had just had a tremendous spiritual experience in His baptism and He was becoming fully aware of His powers as a conscious Son of God. He suddenly realized that if He wanted to, He could turn the very stones around Him into bread. When we read "bread" in the Bible, we can generally understand it to represent substance; anything needed for material existence. Jesus knew He could use His power to acquire all the substance, all the material wealth He might want. In the second temptation, He realized He could act in any way He chose without danger to Himself—His power would protect Him. He then realized that with His new awareness He could literally rule the world if He wanted to. But at the same time all these tempting thoughts were

going through His mind, He had an awareness that there was something higher, something more valuable than these outer things. The spiritual or divine part of Him, His I AM, the Christ in Him said, "No, there is a higher way, an inner dimension."

We all have these polarities in our own consciousness; the human and the divine. We are aware of and guided by sometimes one and then the other, and the character and quality of our life are determined from the gestalt of our awareness. Charles Fillmore called this human part the "independent personal consciousness," and he taught that this is very necessary for us, as it affords us the opportunity for choice. Certainly choice is essential for growth; we always need this opportunity to choose. The human self is not to be done away with or replaced by the spiritual self as we sometimes think; what we must do is make this independent personal consciousness, this human self, subservient to the spiritual or Christ self. Then we still have the opportunity for choice, but our choices may be guided by wisdom.

The Inner Kingdom

This is what Jesus did in this situation. Guided by His spiritual awareness, He immediately and firmly denied the option of worldly goods and power, "*Man shall not live by bread alone*" (Matt. 4:4), and chose and affirmed the inner kingdom. "*You shall worship the Lord your God and him only shall you serve*" (Matt. 4:10). He allowed the Christ in Him to have dominion and His personal self became an obedient, obliging, and valuable servant. Then what happened? *Then the devil left him, and behold, angels came and ministered to him* (Matt. 4:11). Angels in the Bible can be metaphysically interpreted as divine ideas, ideas from Divine

Mind, or God-Mind. As always happens when we allow our own spiritual nature to express in our life, we have an infilling of these divine ideas; angels minister to us, as they did to Jesus.

Can we see the process at work here? Jesus was in a certain state of consciousness and He was having thoughts about all the possibilities that were open to Him, both human and divine. The process, the lifting activity, was working in Him, as it constantly works in us, and was calling Him higher, and He went with the calling. Jesus followed the process and gave it permission to complete itself. This is very important: He gave the process permission to fulfill itself by revealing to Him a higher idea. Jesus had the resurrection experience of moving from a limited state of consciousness with its temptations to a higher and much less limited state, in which He became aware that "seeking first the kingdom" provides the necessary outer needs through the outworking of law. The result of this activity in mind was that all the ideas pertaining to this new higher state—the angels—rushed into His mind, replacing the lower ideas of the old state, and He began His ministry in earnest.

Our Temptations

Are we not often tempted in our own life, as was Jesus? Perhaps not in the same degree, but certainly in kind. For example, we often find ourselves in a position of authority over other people, whether it be over the children in our home, or as president of a corporation employing many people. How do we exercise this authority? What are our motives?

Let us suppose for a moment that you have had a certain job for several years, and for some reason you do not understand, you have never gotten along with a particular co-worker. You cannot

imagine what you might have done or said to this person to cause him to treat you so badly, but he does, and most of the time, you're pretty miserable because of this person's animosity toward you and angry because of his treatment of you. Suddenly, you get promoted to supervisor of the department you both work in. You realize that this person is now working for you, responsible to you, and you have nearly total authority over him in your new position. Can you imagine what very understandable thoughts go through your mind at this moment? This person has treated you horribly for a number of years, and now he is answerable to you. Who among us would not have thoughts of revenge, thoughts of paying the person back, knowing that there are many subtle ways of doing this in our new position without danger to ourselves?

Our independent personal consciousness is offering us this tempting opportunity and the choice of whether or not we do this thing. The voice of our human side is saying, "This person is now answerable to me, and now is my chance to even the score."

But there is another voice speaking and, if we are open enough, we can hear it. This voice is saying, "But what is my responsibility to him and to myself? What if the situation were exactly reversed and he were the supervisor? How would I want him to treat me?" The process is beginning to work, the call to come up higher in our thinking and feeling is being sounded, and if we follow the call and give it permission to fulfill itself, if we can really see ourselves with the roles reversed and feel how we would want to be treated, we will suddenly realize we must conduct ourselves in exactly this same way, not only toward our old enemy, but toward all those whom we now lead. A sense of our own responsibility comes, guided by

love and wisdom, the angels from Divine Mind, and we exercise our authority with new insight. We have had a valuable resurrection experience; we have had a breakthrough in consciousness that affects us not only in this job situation, but in every area of our lives, because we will see everything and everyone in a new light.

Repentance

Some of the ways Jesus taught this resurrection process are tied in with His teachings on repentance. We usually think of repentance as being sorry for some past deed, which was the main meaning in Hebrew, but the Greek word that is translated as repentance in the New Testament, *metanoia*, carries a much deeper meaning. We are actually dealing with three words—the Hebrew word for repentance in the Old Testament, the Greek, *metanoia*, in the New Testament, and the Aramaic word that Jesus probably spoke. Aramaic scholars say that the Aramaic word is very close in meaning to the Greek *metanoia*, *Metanoia* means, "to have a fundamental transformation in mind or character"; in short, to repent is to change one's mind. The object then, in the resurrection process, is to change one's mind to a higher plane of thinking, to allow this lifting activity to work in one's self until there is repentance, a fundamental change of mind. Paul expressed it as, *be transformed by the renewal of your mind* (Rom. 12:2). This was Jesus' message in Mark 1:15, "*The time is fulfilled, and the kingdom of God is at hand; repent, and believe in the gospel.*" He is saying, "Now is the moment we must work. The kingdom of God is not in the past, not in the future, but right now. The time is fulfilled. Change your mind and believe that what I am saying to you is true. The kingdom of God is

within you. Listen to the inner calling and go with it. Give it permission to resurrect your thinking and you will be able to do these things that I do." Then He proceeded to demonstrate this great truth for the next three and one-half years, right up to the ultimate demonstration—the resurrection of His own body.

When we begin with the temptations of Jesus given in Matthew and then read the accounts of His ministry, a definite pattern emerges. It is very important in the understanding of the resurrection process that we become aware of this pattern, this expansion of Jesus' understanding and consequent greater and greater demonstrations. Jesus did not resurrect His body at the beginning of His ministry, but at the end. At the beginning, He resurrected His thinking from a level of possible temptation to a level above outer temptation, then He began to teach this remarkable doctrine of mind-changing and a belief in an inner kingdom. As His ministry unfolded and these new ideas expanded in His consciousness, He was able to influence His environment and to control physical elements as He turned water into wine and fed the multitudes. He was able to teach in such a manner that many people repented enough, or changed their minds enough, to be healed of all kinds of diseases, as evidenced by the many healing miracles in the Gospels. Notice that at first He touched them, as in the case of the leper recounted in Matthew 8:2, 3. As the idea of wholeness increased in expression through Him, He was able to send His Word, as in the case of the centurion's servant in Matthew 8:5-13. As His consciousness expanded even further, through His cooperation with that inner calling to come up higher, He was able to cause the bodies of others to be resurrected. He was able to contact the soul of the "dead" Lazarus, and that soul

realized the truth of its being, allowed the resurrection process to take place, and resumed life in the body of flesh. And finally, Jesus was able to demonstrate the almost incredible event we celebrate at Easter. He followed the inner calling and went with the lifting activity all the way, knowing the truth of eternal life in God. He went through a personal death experience and emerged a pure spiritual being, with a regenerated spiritual body—a body of light. Jesus had these things to say to us as He taught, "*Truly, truly, I say to you, he who believes in me will also do the works that I do; and greater works than these will he do ...*" (John 14:12), and "*The time is fulfilled, and the kingdom of God is at hand; repent, and believe in the gospel*" (Mark 1:15). There is that within us ever calling us toward the Father, toward the things of Spirit. Now is the time to hear and answer the call. Now is the time to allow the resurrection process to begin its work in us. Let us celebrate the Easter experience every day as we consciously heed the call to come up higher, that we may undergo the resurrection experience in consciousness, manifesting as a resurrected world.


 am the
RESURRECTION
 and the
LIFE;
HE
 who believes in
ME
 though he die,
 yet shall
HE
LIVE.
 John 11:25

April 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						<i>1</i> <i>Choir Practice,</i> <i>9AM</i>
<i>2</i> <i>Sunday Services,</i> <i>10:30AM</i> <i>Youth Ed,</i> <i>10:30 AM</i>	<i>3</i>	<i>4</i>	<i>5</i> <i>Women's</i> <i>Interfaith</i> <i>Conference</i> <i>A.A. Men's Group,</i> <i>10AM</i> <i>CA 7PM</i>	<i>6</i> <i>Ukulele</i> <i>Practice, 7PM</i>	<i>7</i>	<i>8</i> <i>Choir Practice,</i> <i>9AM</i>
<i>9</i> <i>Palm Sunday</i> <i>Sunday Services,</i> <i>10:30AM</i> <i>Youth Ed,</i> <i>10:30 AM</i>	<i>10</i> <i>Prayer Chaplain</i> <i>Meeting</i>	<i>11</i> <i>Book Club, The</i> <i>Girls, by Lori</i> <i>Lansen at Bread</i> <i>Co. at 2PM</i>	<i>12</i> <i>A.A. Men's Group,</i> <i>10AM</i> <i>CA 7PM</i>	<i>13</i>	<i>14</i>	<i>15</i> <i>Choir Practice,</i> <i>9AM</i>
<i>16</i> <i>Easter Sunday</i> <i>Sunday Services,</i> <i>10:30AM</i> <i>Youth Ed,</i> <i>10:30 AM</i>	<i>17</i> <i>Ladies' Night Out,</i> <i>Trattoria Toscana,</i> <i>11686 Gravois Rd,</i> <i>63126 at 5:30PM</i>	<i>18</i>	<i>19</i> <i>A.A. Men's Group,</i> <i>10AM</i> <i>CA 7PM</i> <i>Planning Mtg,</i> <i>6pm</i> <i>Board Mtg, 7PM</i>	<i>20</i> <i>Third Thursday</i> <i>Quilters, 10AM</i> <i>Ukulele</i> <i>Practice, 7PM</i>	<i>21</i>	<i>22</i> <i>Choir Practice,</i> <i>9AM</i>
<i>23</i> <i>Sunday Services,</i> <i>10:30AM</i> <i>Youth Ed,</i> <i>10:30 AM</i>	<i>24</i>	<i>25</i>	<i>26</i> <i>A.A. Men's Group,</i> <i>10AM</i> <i>CA 7PM</i>	<i>27</i>	<i>28</i>	<i>29</i> <i>Choir Practice,</i> <i>9AM</i>
<i>30</i> <i>Sunday Services,</i> <i>10:30AM</i> <i>Youth Ed,</i> <i>10:30 AM</i> <i>Annual Meeting &</i> <i>Potluck</i>						

Wings

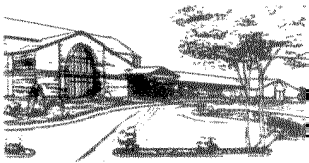
THE APRIL 2017 NEWSLETTER OF
FIRST UNITY CHURCH OF ST. LOUIS

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The light side — A little holy humor

Will Rogers, who died in a 1935 plane crash in Alaska with bush pilot, Wiley Post, was one of the greatest political country/cowboy sages this country has ever known.

Some of his sayings:

Never slap a man who's chewing tobacco.

Never kick a cow chip on a hot day.

There are two theories to arguing with a woman. Neither works.

Never miss a good chance to shut up.

Always drink upstream from the herd.

If you find yourself in a hole, stop digging.

The quickest way to double your money is to fold it and put it back into your pocket.

There are three kinds of men: The ones that learn by reading; The few who learn by observation; The rest of them have to pee on the electric fence and find out for themselves.

Good judgment comes from experience, and a lot of that comes from bad judgment.

If you're riding' ahead of the herd, take a look back every now and then to make sure it's still there.

Lettin' the cat outta' the bag is a whole lot easier'n puttin' it back in.

After eating an entire bull, a mountain lion felt so good he started roaring. He kept it up until a hunter came along and shot him. The moral: When you're full of bull, keep your mouth shut.