



FIRST UNITY CHURCH'- Serving the spiritual needs of the St. Louis community for over eighty-five years.

The Newsletter of
First Unity Church
Of Saint Louis

April 2009

Affirm Life!

By Deborah L. Cameron

- > *Inspiration*
- t* *Information*
- »t* *Illumination*

When he was 94 years old, Charles Fillmore wrote the following affirmation: "*I fairly sizzle with zeal and enthusiasm and spring forth - with a mighty faith to do the things that ought to be done by me.*" How wonderful to affirm such energy and vibrancy!

Affirmative prayer is a useful tool for focusing our thoughts on the truth that we are spiritual beings, filled with vibrant energy and renewing life. We, too, can use this tool in our daily lives. When we pray affirmatively about a health challenge, we are recognizing the life of God within.

The act of affirmation can be thought of as "the mental movement that asserts confidently and persistently the Truth of Being in the face of all appearances to the contrary." As we pray affirmatively, we assert our confidence in God's healing power within our minds and bodies. We affirm daily, even momentarily, that we are one with God and that the life of God is flowing freely within us.

Affirmations can be used anytime we feel the need to focus our thoughts on God and become aware of the strength and health that are inherent within the body temple.

If we desire increased energy, we can affirm: *I am energized through the healing life of God within me.*

If we are concerned about a loved one, we can affirm: *You are healed and strengthened through God's healing life within.*



Or if we want to become more spiritually attuned to the healing activity of God within every part of the body temple, we can use an affirmation such as: *I am one with God. The healing life of God within me gives me strength, heals my body temple, and brings me peace.* Each time we pray

positively and faithfully, we are calling forth the divine activity that is always within us. By affirming life within, we are allowing the healing activity of God to flow freely and to do its healing, revitalizing work.

How do we learn to use affirmative prayer in our daily lives? Through persistence and faith. Our faith guides us to use positive statements that instill a sense of peace and an awareness of the rejuvenation process. The more we use the tool of affirmative prayer, the more conscious we become of God's loving presence in our lives and of the healing activity of God at work. By attuning ourselves mentally and spiritually to divine life within, we bless ourselves and those for whom we pray.

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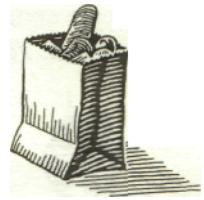
Silent Unity: 1-800-669-7729

This year's annual business meeting will be held on Sunday, April 26th, immediately



following our second worship service. We will review our church's progress over the past year and elect three members to our board. This year's nominating committee was made up of Rev. Randy and Tom Bullock representing the Board, and Jackie Dieteman and Claire DeBolin representing the congregation. This year's nominees are John Young, Mary Tumminello, and Paul Henley.

Please stay for a Pot Luck Lunch immediately following our annual meeting!



Feed My People

A representative from Feed My People came by the church to thank us in person for the generous donations this past year.

He was thrilled to tell us

that our gifts had nearly tripled from the previous year! The number of people coming for help continues to grow, so keep those donations coming. There is a matching funds grant for all donations received this month, so your gifts count double in April! They have also begun a Seeds Program so the people we help can grow some of their own food. Seed packets, especially tomato seeds, are most welcome.

www.feed-my-people.org

April Affirmations

Inner Peace:

Serenity flows from the depths of my soul. I am immersed in peace.

Guidance: The Christ Light guides me on a path of renewal and discovery.



Healing: My body is a temple of the risen Christ. I am strong and whole.

Prosperity: I realize the substance of Spirit and accept it with gratitude. **World**

Peace: With faith and compassion, we shine the peace of Christ into the world.



To Jim and Linda Harr for donating the new, light-weight tables for our church -- four for fellowship and ten for

our classroom! This room is used by many outside groups in our community and the new matching tables look great! Linda and Jim were also the organizers of our very successful Trivia Night. They give so generously of their time and talents to this church, and we are deeply thankful.

The new tables have inspired us to add the matching folding chairs to our list of goals. If you would be interested in donating a new chair, they are only \$20 each.



Ladies' Night Out will meet at 5:30, April 20*, at McAlister, 4000 Lemay Ferry Rd.



Good Friday with Unity Church of Peace



We will be joining Unity Church of Peace for our Good Friday service. It will be held at Unity Church of Peace, 3701 Bayless Ave, St. Louis. The service begins at 7:00 pm. Please plan to join us for a beautiful and sacred service!

Got History?

We've begun an effort to get our

archived history out of boxes and into a viewable form. We have several old photo albums, a letter signed by Cora Fillmore, some church bulletins and programs... lots of great stuff! We have quite a rich history.

If you have anything that you would like to contribute, please contact Rev. Sharon. We can make copies of photos, so if you have church photos that you'd like back, we can borrow them to make a copy for the scrapbook.



Be watching for the arrival of our 'history nook'!

From page one ...



As we affirm the activity of God in our minds and bodies, we also use the tool of denial to eliminate fear, apprehension, or doubt. A denial is a form of release, a cleansing away of obstruction. We do not deny the negative condition; we deny the power it has over us and affirm our ability to overcome it and attain perfect health. A denial helps us disassociate ourselves from any condition that may hinder the flow of God's activity within.

Denials such as: "I release stress or anxiety" and "The appearance of illness has no power over me" are cleansing tools that open the way to God's healing life within. As we deny the negative appearance, we are free to focus our thoughts and prayers on the positive. Through the use of affirmations and denials, we pave the way for perfect health to become manifest.

As you pray, remember that you were created to be healthy and strong. Affirm this truth, become aware of your oneness with God, and be enthusiastic about the healing that is taking place within your mind and body. "Spring forth with a mighty faith" today to do all that you are capable of doing and be all that you were created to be.

God is awake



A mother and her 4-year-old daughter were preparing for bed one night. The child was afraid of the dark, and on this occasion the mother, alone with the child, felt fearful herself.

When the light was turned off, the child caught a glimpse of the moon outside the window. "Is the moon God's light?" she asked her mom.

"Yes," replied the mother.
"Will God put out his light

and go to sleep?" asked the girl.

"No, dear. God never goes to sleep."

Then, out of the simplicity of a child's faith, the girl said something that reassured the fearful mother. "Well, as long as God is awake, there's no sense in all of us staying awake."

The pair slept well that night — and for the many nights that followed.

Our resurrection

William Matthews (1881-1973), a theologian and dean of St. Paul's Cathedral in London, offered these thoughts:

"Naturally, we cannot say much about the spiritual body, because we cannot imagine what it would be like to have a spiritual body different from that which we now inhabit; but it seems to me reasonable to believe that we are weaving our spiritual bodies as we go along. They are being formed by our thoughts and acts of will and imaginations during this life."

Lent and repentance

Lent is a season of repentance. But for many of us, "repentance" is an offensive word. It sounds so remorseful.



In reality, it isn't remorseful at all. The root word for "repentance" is the Greek word *metanoia*, from which our word "metamorphosis" comes. The great image of this is the butterfly emerging from its cocoon; the caterpillar being transformed into new life.



No one is remorseful about that! Nor should we be with repentance, which involves leaving the past and emerging into new life.

"Quotable Quotes"

The story of Easter is the story of God's wonderful window of divine surprise.

-Carl Knudsen

Speak kind words and you will hear kind echoes." -Bahn

Man cannot live by bread alone, yet still many try to satisfy the inner life with outer accoutrements. That is impossible. -Anonymous

On Easter Day the veil between time and eternity thins to gossamer.

-Douglas Horton

It is light that enables us to see the difference between things; and it is Christ that gives us light.

-A.W. Hare and J.C. Hare

Tw'as Easter-Sunday. The full-blossomed trees filled all the air with fragrance and with joy. -Henry Wadsworth Longfellow

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

To have grown wise and kind is real success.

-Anonymous

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

Falseness lasts an hour, but truth lasts until the end of time. -Arab proverb

BUILD A NEW LIFE ,.. By Taking a Practical Approach to Prosperity

By May Rowland

The Bible has some very definite laws governing prosperity. Solomon, David, Jesus, Paul, and many other illumined ones have given us spiritual laws to follow in attaining prosperity.

These laws are not true just because they are in the Bible. Rather, they are in the Bible because they are true. They have lived through the ages. They have been tried, not only by these great teachers but by many of their followers, and they have been found to provide the perfect solution to the problems of thousands.

Let us consider three of these laws for prosperous living. One of first importance was given by Solomon when he said, "Give thy servant therefore an understanding heart." "And God said unto him, Because thou hast asked this thing, and hast not asked for thyself long life, neither hast asked riches for thyself, nor hast asked the life of thine enemies, but hast asked for thyself understanding to discern justice; behold, I have done **according to thy word: Lo, I have given thee a wise and an understanding heart...** And I have also given thee that which thou hast not asked, both riches and honor."

Apply this law of Solomon in all your affairs. If your business needs a turn for the better, ask for an understanding heart. Whatever your need, your first need is for understanding. Then other things will follow.

For definite instructions in providing for your needs, read the 6th chapter of Matthew. This chapter is especially helpful to anyone who has fears concerning food, clothing, or shelter. Jesus

tells us not to worry about these things, that the Father knows our need. And He gives us a law to follow in gaining prosperity. This is the second of the laws I mentioned: "Seek ye first his kingdom, and his righteousness; and all these things shall be added unto you." What could be more definite!

Take this as the key to the solution of your problem now. "Seek ye first his kingdom." Jesus tells you that the kingdom of God is within. The idea that controls things-food, clothing, shelter-is within you. God's kingdom is one of rich ideas within you. Within you is the starting place of all the forces of your being. The life within you is God life; the love within you is God love; the power within you is God power; the substance within you is God substance; the judgment you use is God judgment.

When you seek the kingdom of God, you are seeking to use your love, your life, your judgment, your power, and your imagination as they should be used, righteously.

Seek the source of your spiritual forces within and then use them with recognition that God is their source. Use your love to bless, your faith to inspire, your strength to encourage, and your imagination to picture only good. Then you will have no need ever to fear that you will not be fed, clothed, or sheltered. For as Paul says, "Eye hath not seen, nor ear heard, neither have entered into the heart of man, the things which God hath prepared for them that love him."

The third law for prosperity is to be found in the 22d chapter of Job: "If thou return to the Almighty, thou shalt be built up ... Then shalt thou lay up gold as dust, and the *gold* of Ophir as the stones of the brooks. Yea, the Almighty shall be thy defence, and thou shalt have plenty of silver. For then shalt thou have thy

delight in the Almighty, and shalt lift up thy face unto God. Thou shalt make thy prayer unto him, and he shall hear thee ... Thou shalt also decree a thing, and it shall be established unto thee: and the light shall shine upon thy ways."

The Bible is full of laws governing prosperity, and practically all of them have in them this same idea: return to the Almighty, then thou shalt "decree a thing, and it shall be established unto thee."

Prosperity, to be permanent, must come through us. If we could be given prosperity without a rich consciousness, it would be contrary to spiritual law, which is that all stability and all permanent and real conditions are governed from within the individual. One thing we need to remember about the prosperity laws is that each individual must prove them for himself. Many times a wife frets because her husband does not make more money. What is she doing about it? She should develop her own rich consciousness, and then she will be a blessing and an inspiration to the household. One person can help another through prayer, but he cannot do all the work for him. Many times the man of the home feels overly responsible for the whole family. Each person is entitled to be independent and to learn to demonstrate his own good. In the case of children, they are necessarily the responsibility of the parent. But even children should be taught to look to God for their supply and support.

As paradoxical as it may seem, in order to be established in a state of well being, one must turn loose, temporarily at least, in consciousness of the things that represent prosperity to him. We loosen our hold on things in order to lay hold on the understanding of the law that governs all things. Then we take a stronger hold on what we desire.

Most of us at some time have had the experience of thinking we were at the end of our rope. Then, when we turned loose something better appeared! Remember that nothing leaves our lives except to make room for something better.

At certain stages of development, houses, lands, money, things can become "graven images." We may love them so much that they take the place of the one true God. Jesus says, "Where thy treasure is, there will thy heart be also."

"Seek ye first his kingdom, and his righteousness; and all these things shall be added unto you." Your faith works to form the perfect conditions desired. And praise is one of the powers of mind you must not fail to use, if you would be prosperous. Praise neither affects nor increases God, but it enlarges your own consciousness so that you can receive largely. Give thanks in little things; refuse to see lack or poverty, confusion or disorder. Hold to the idea that you are abundantly prospered and praise God as the source of all.

You deserve to be prospered, for you are a child of God, and every child of God has the right to be rich!



BUILD A NEW LIFE ...By Getting Rid of the "Little Foxes"

By Sue Sikking

Worry is the misuse of the greatest power invested in man. Everyone has been given the power to create—but how *do* we create? We create with our minds.

Everything in our outer world has come forth through mind. An idea is conceived and carried in mind, nourished by belief and thought until it can no longer be contained, and then it is brought forth into outer expression. Our mind is the womb of the world. Every great invention, every household gadget, every building, every airplane, every missile, every amazing thing we use in the outer world, all were once invisible ideas in someone's mind and were brought forth into manifestation by thought—the power of meditation.

What is meditation? To meditate is "to contemplate, to ponder, to plan, to dwell in thought, to muse, to reflect," with a view to accepting and bringing forth the idea upon which we are meditating. When we carry ideas in our minds they then come forth into outer manifestation.

All manifestation is brought about by the action of mind. The wonderful things we bring forth, as well as the unhappy, miserable things that seem to be our lot at times, come through our minds, through the power invested in us—the power through which we shape our world.

We think—and we create. Meditation is the pondering, the accepting, and the bringing forth of something good and helpful for ourselves. If we would take charge of our thinking and thereby, our creating, we could make of our life whatever we desire; but we don't always take charge. We think at random. We go slumming in our

mind. We think of fearful, disturbing, and destructive situations and conditions. We do not focus our thinking on the good and wonderful things that make up our lives but, rather, cling to unhappiness, hurt feelings, disharmony, and anxiety. And so we have worry. When we put our minds on unhappy things—that is worry.

To worry is to misuse the power of meditation, to change its focus from the good to something that can rob, hurt, or destroy. To worry is to hold in mind, to go over and over in the thinking process thoughts that disturb, that rob us of peace of mind and rest, that can even rob us of our right place, our love, and our happiness. We are using the greatest power. We are inverting the power with which we create and using it to focus on and create unhappiness, lack, and all kinds of difficult conditions and situations.

The word *-worry* means "to strangle, to torment, to fret, to trouble, to plague, to express great care, and anxiety." To put it simply, to worry is to borrow trouble and to be troubled and unhappy is to be in a state of mind that creates situations and conditions of like nature. When this happens, the great creative power of mind is wasted on conditions and situations that rob us of life and happiness. We bring this about for ourselves. We worry about everything. We hunt trouble, disappointment, and unhappiness. A friend of mine once had a good idea. She used to say, "Let's sit down early in the morning and get our worrying over so that we can have a nice day." Sounds funny, but worry isn't funny. When you worry, you have signed for, and have asked to be delivered to you, whatever it is you are worrying about. Whatever you worry about, you increase. You increase the condition, the situation, or the problem, for you

are using the law of your mind to create, to re-create, and to nourish the trouble at hand. Its only support is your mind, unless you manage to sell your fears to others and get them to join with you in this unholy work of worrying.

Worry exaggerates any condition to which it gives its attention. But if we use that same thought-power to meditate on good, happiness, and freedom; if we refocus this creative power, it will bring forth good. You can depend on it, for that is law. Our thought power will bring forth whatever we focus it on.

Instead of using this wonderful power to fill our life with the good created for us, we often get lost in a morass of petty, insignificant things. When we do this, we are letting the most glorious things in life pass us by. We are missing the big things in life because we have too many little things to think about. It is foolish to place our great creative power on inconsequential little things.

What are you worrying about? Is it something that someone said or did, or what you think is going to happen to you? Shakespeare called this "Much ado about nothing." We miss all kinds of opportunities to be happy and free, to love people and reach out and touch their lives. We are afraid of others and what they are going to think. We are so afraid of being hurt ourselves that we dare not love-or live. We have to learn to do what should be as natural as breathing. We have to learn to love and live. We have let worries rob us of our freedom of soul, of our physical health, and of outer material needs. Our worries are the little foxes that eat our vines, that destroy our good before it can blossom or bear fruit. Often, before our good can manifest itself, we destroy it with worry. We must learn to refocus our minds, to look away from all the

little, petty things, and to let go the useless worries that bind us like slaves.

You say they are not silly worries? You say, "It's my health, my loved one, my business-they are very important"? Of course! They are your life! I know how important they are. That is *why* I say, "Don't worry." Why destroy something that is so important? Why waste hours, days, months, and years when right now you have within you the power to claim your highest good?

We have the power to call forth our good. This is our greatest gift. We have the power to command, to speak forth with power and authority, to call our good into the world. Each one of us has this power. When we turn our minds toward positive, powerful, and beautiful experiences, there is an automatic release of power. If we fill our minds with worry and fear and imagine all kinds of limiting circumstances, we set free into our life the little foxes. It is these thoughts which keep us sick and disturbed, which keep us from our right place, our right expression, and our right work. Our worries stay our healing, postpone our prosperity, and keep away our contentment.

Let's *know* something today. Let's know that we have the power to make our life what we want it to be. Otherwise, we have the power to worry ourselves into failure and unhappiness. We must make the choice. Let's make it a good one!



Maundy Thursday

What is Maundy Thursday, the Thursday of Holy Week all about? The word "Maundy" is a shortened version of the Latin word *mandatum*, which means commandment.

At the Last Supper, Jesus gave his friends a new commandment. He told the disciples, "I give you a new commandment, that you love one another. Just as I have loved you, you also should love one another" (John 13:34, NRSV).

As Christians gather to eat and share Holy Communion on Maundy Thursday, we should make a special effort to exhibit our love and respect for one another. Let us seek out people whom we don't naturally have affection for and express our wish that the living Christ may dwell in them and bless them.

Why Palm Sunday?

Palm branches are mentioned in only one of the four Gospels (see John 12:12-15). So why do we call the first day of Holy Week Palm Sunday?

Tradition plays an important part in church history. During Jesus' time, Rome was the world's leading power. Whenever the Romans were victorious in battle, citizens traditionally threw palm branches in the returning heroes' path.

This was the accepted custom of reception. So when Jesus rode into Jerusalem, it was appropriate that he receive a hero's welcome. One week later, he would be victorious over death.

April 2009

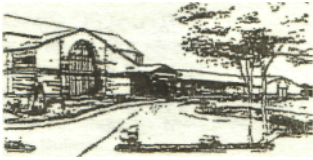
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Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<p>1</p> <p>AA Group 10:00 AM</p> <p>C.A. Group 7:00 PM</p> <p><i>The Veggi-Tale Approach</i> Class 7:00 PM</p>	2	3	<p>4</p> <p><i>Choir Rehearsal</i> 9:00 AM</p> <p><i>Bell Choir</i> 10:30 AM</p>
<p>5</p> <p><i>Sunday Services</i> 9:15 & 11:00 AM</p> <p><i>Palm Sunday</i></p>	6	<p>7</p> <p><i>Stop, Think, Start!</i> Class 10:00 AM</p> <p>OA group 1:00 PM</p>	<p>8</p> <p>AA Group 10:00 AM</p> <p>C.A. Group 7:00 PM</p> <p><i>The Veggi-Tale Approach</i> Class 7:00 PM</p>	9	10	<p>11</p> <p><i>Choir Rehearsal</i> 9:00 AM</p> <p><i>Bell Choir</i> 10:30 AM</p>
<p>12</p> <p><i>Sunday Services</i> 9:15 & 11:00 AM</p> <p><i>Easter Sunday</i></p> <p>"How To Let God Help You" 9:15</p>	13	<p>14</p> <p><i>Stop, Think, Start!</i> Class 10:00 AM</p> <p>OA Group 1:00 PM</p>	<p>15</p> <p>AA Group 10:00 AM</p> <p>C.A. Group 7:00 PM</p> <p><i>The Veggi-Tale Approach</i> Class 7:00 PM</p>	16	17	<p>18</p> <p><i>Choir Rehearsal</i> 9:00 AM</p> <p><i>Bell Choir</i> 10:30 AM</p>
<p>19</p> <p><i>Sunday Services</i> 9:15 & 11:00 AM</p> <p>"How To Let God Help You" 9:15</p>	<p>20</p> <p><i>Ladies' Night Out</i> <i>McAlister on</i> <i>Corner of Lemay</i> <i>Ferry & Lindbergh</i> 5:30 PM</p>	<p>21</p> <p><i>Stop, Think, Start!</i> Class 10:00 AM</p> <p>OA Group 1:00 PM</p>	<p>22</p> <p>AA Group 10:00 AM</p> <p>C.A. Group 7:00 PM</p> <p><i>The Veggi-Tale Approach</i> Class 7:00 PM</p>	23	24	<p>25</p> <p><i>Choir Rehearsal</i> 9:00 AM</p> <p><i>Bell Choir</i> 10:30 AM</p>
<p>26</p> <p><i>Sunday Services</i> 9:15 & 11:00 AM</p> <p>"How To Let God Help You" 9:15</p> <p><i>Annual Business Meeting</i></p>	27	<p>28</p> <p><i>Stop, Think, Start!</i> Class 10:00 AM</p> <p>OA Group 1:00 PM</p>	<p>29</p> <p>AA Group 10:00 AM</p> <p>C.A. Group 7:00 PM</p> <p><i>The Veggi-Tale Approach</i> Class 7:00 PM</p>	30		

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

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A Little Humor - Angels, explained by children

I only know the names of two angels.
Hark and Harold.

Everybody's got it all wrong. Angels don't wear halos anymore. I forget why, but scientists are working on it.

It's not easy to become an angel!
First, you die. Then you go to heaven, and then there's still the flight training to go through. And then you got to agree to wear those angel clothes.

Angels work for God and watch over kids when God has to go do something else.

My guardian angel helps me with math, but he's not much good for science.

Angels talk all the way while they're flying you up to heaven. The main subject is where you went wrong before you got dead.

When an angel gets mad, he takes a deep breath and counts to ten. And when he lets out his breath, some where there's a tornado.

Angels have a lot to do and they keep very busy. If you lose a tooth, an angel comes in through your window and leaves money under your pillow. Then when it gets cold, angels go north for the winter.

Angels live in cloud houses made by God and his son, who's a very good carpenter.

Angels don't eat, but they drink milk from Holy Cows.

What I don't get about angels is why, when someone is in love, they shoot arrows at them.

My angel is my grandma who died last year. She got a big head start on helping me while she was still down here on earth.

Some of the angels are in charge of helping heal sick animals and pets. And if they don't make the animals get better, they help the child get over it.

-Thanks, Margaret Stahl