

# Wings



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 2010

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

#### Inside this issue:

News and events

Truth Thoughts

Quotable Quotes

Calendar

Humor

What is God?

## The Power of the Ordinary

By Philip White

Streams and rivers this time of year are thawing out in our northern hemisphere. Ice jams are common but zephyrs of warm air soon melt them, sending high water rushing to the sea. Imagine our ancient relatives watching all this, never suspecting that future generations would see in the rushing water the power to turn massive turbines that would generate electricity for cities of people.



Power is like that--especially the Power that works above and beyond our own human efforts. It lies hidden in the very ordinariness of ordinary things. We walked on common sand for centuries before someone heated it and turned it into extraordinary glass. The plant, *Ficus elastica*, was just another tropical plant until the discovery that it could be made into rubber. Although now made synthetically, the tires of global transportation once rested on an ordinary plant.

How much evidence do we need for the connectedness of all things and for the Mind that underlies that connectedness? Like our ancient relatives, we live in the midst of ordinary things that hold great power and

blessings. The key to releasing the power of those hidden blessings is a listening, receptive mind. It is also the willingness to shift our thought from its headlong rush

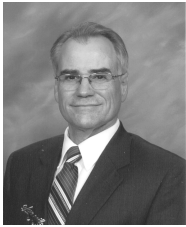
down old, familiar paths and turn it toward the unseen Creator of the whole. Some call it prayer. Others call it meditation. But when it happens, great power is released.

It happened for John Peterson, M.D. Yesterday I sat across the examining room from him, listening intently. I was there for a checkup that turned out to be routine, so he took time to talk. He

told me a story about his work and a moment that forever changed him.

As a heart specialist, one of the common procedures he performs is balloon angioplasty. When a patient's artery is narrowed, a tiny deflated balloon is passed through the arterial system to the narrow point and then inflated to open the artery. One day in the middle of this procedure, the balloon stopped and could not be advanced. He sought again and again to complete the procedure, but to no avail.

--Continued on page 3



Rev. Randy Schmelig  
Senior Minister



Rev. Sharon Allmond  
Associate Minister

LICENSED UNITY TEACHER  
Jo Warren

BOARD OF TRUSTEES  
Paul Henley, President  
Jim Harr, Vice President  
Denise Halbert-Raggio,  
Secretary  
Mary Tumminello, Treasurer  
Tom Bullock  
Carol Ellerman  
Ruth Emmett  
Kit Whittington  
John Young

BOOKSTORE MANAGER  
Jane Vondruska

OFFICE MANAGER  
Mary McKenzie

MUSIC  
Anne Hartupee, Piano/Organ  
Dean Wiegert, Soloist

YOUTH MINISTRY TEAM  
Sheila Wagstaff, Director  
Glenda Gebhardt  
Cindy Gibbs

WINGS NEWSLETTER  
Faye Schmelig, Editor  
Email: fayeschmelig@att.net

OFFICE HOURS  
Monday – Thursday, 9am – 3pm  
Church phone: 314-845-8540  
Prayer Line: 314-845-6936  
Minister's home: 314-892-3017  
Fax: 314-845-0022  
www.firstunitychurchstlouis.org/  
Email: firstunitystl@att.net

Silent Unity: 1-800-669-7729

**Wings**  
April 2010  
Page 2



This year's annual business meeting will be held on Sunday April 25<sup>th</sup> right after our worship service. We will review our church's progress and elect three members to our board. Our nominating committee was made up of Rev. Randy, Denise Halbert-Raggio representing the board, and Claire DeBolin and Linda Harr from the congregation. This year's nominees are Jim Harr and Kit Whittington, who are running for a second term, and Cathy Zehner who is running for her first term.

**Plan to stay for a pot-luck lunch immediately following the meeting.**



### Grief Workshop

Rev. Sharon Allmond will conduct a grief workshop on Saturday, April 17<sup>th</sup>, from 9 a.m. to noon. Whether one has lost a loved one, a job, or a way of life, it is a loss. How we deal with that loss can make the difference between becoming bitter, cynical and sad or stronger, more compassionate, and more peaceful. This is an opportunity to learn the stages of grief, explore some ways of dealing with loss, and to take some steps along the path to healing. Please plan to bring an object that has special meaning in relation to your loss. It would be helpful to have an idea of the number of participants. If you would notify the church office at 314 845-8540 or call Rev Sharon at 636 677-4288 if you plan to attend, it would be appreciated. We look forward to seeing you there!

This month the **Ladies' Night Out Group** will be meeting Monday evening, April 19<sup>th</sup>, at 5:30 at Lewy Nine's Café, River City Casino. If you have been wanting to see the new casino, this would be a good time!



### Thank You from Feed My People

Feed My People contacted us to thank us for our great generosity this past year. You donated \$1,107.00 worth of food and supplies which was up nearly 25% from 2008. Donations of canned fruit would be especially appreciated at this time.

### eScrip Program

Did you know that you can help prosper your church every time you shop at Schnucks? All you have to do is show them your First Unity e-Scrip card at check out and Schnucks will send a percentage of what you spent to us! Since we began this program, Schnucks has donated over \$2,000 to First Unity.

If you have a card, remember to use it - and if you don't, contact the church office or our e-Scrip coordinator, Ruth Emmett, at (314)487-4243 to get a card of your own.

### On-Going Class

On Sundays from 9:15 to 10:15 a.m., Jan Mourning and Deb Fry are teaching a ten-week class inspired by the



book *The Concentric Perspective* by Eric Butterworth. The class meets in the lending library. Eric Butterworth writes, "You are a spiritual being, and life can only flow from within - outwards." When viewed from the concentric perspective, or from within-outward, all the various aspects of living -- loving, giving, receiving, forgiving, meeting challenges -- take on new meaning, bringing greater satisfaction, deeper understanding, and a zestful sense of living life to the fullest.

All are welcome to join in any Sunday!

### April Affirmations

- Inner Peace:** Divine love and grace fill me with peace.
- Guidance:** The Christ light within guides my every step.
- Healing:** Vitality radiates through every cell of my body.
- Prosperity:** I prosper as I live a life of purpose.
- World Peace:** A new day dawns as we awaken to our Christ consciousness.



Welcome Spring!

## From Page One ...



With time running out and the patient's blood pressure dropping, he was about to give up when he did something that even surprised him. He turned to the technician and said, "If you ever believed in prayer, now is the time." For a moment they were quiet. As he turned back to the patient, the balloon suddenly slipped smoothly into place and the procedure was successful. Said Dr. Peterson, "I am convinced that something powerful happened in that moment."

What a discovery! Like those past generations who uncovered the power of the river, the secret is to grasp the real potential of the mind. There was One who understood its power. He said, "Have faith in God," (Mk. 11:22). He assured us, "Whatever you ask for in prayer, believe that you have received it, and it will be yours" (Mk. 11:24).

Turning our thoughts to God does a new thing. Through the one Mind that created the whole we see everything in a new light. With receptive prayer, the issue is not how few resources there are, but how pervasive is the spiritual Power present in us and before us.

Yesterday it was rivers and Ficus elastica, today the human mind and our human community. Tomorrow? Tomorrow even the kingdom of God.

## Amazing human bodies

I have just come across some physiological facts. They are given as being true of the average woman, but I suppose that in general they will also be true of man. The average woman owns 750 movable muscles, 500 of which work in pairs. Her skin covers an area of 20 square feet. In

any piece of her skin the size of a postage stamp, there are four yards of nerves, a hundred sweat glands, fifteen oil glands, a yard of blood vessels, and three million assorted cells! When you think of that, you can only say that in truth we are "fearfully and wonderfully made" (Psalm 139:14, nrsv).

-William Barclay

## The 10-foot rule

Some churches follow the 10-foot rule: When anyone is within 10 feet of another person on church grounds, he or she offers a warm welcome and cheerful greeting.

This rule originated with Wal-Mart founder Sam Walton, who encouraged store employees to look customers in the eye, greet them and ask if they needed help.

As an ambitious college student in Missouri, Walton discovered that "one of the secrets to campus leadership was the simplest thing of all: Speak to people coming down the sidewalk before they speak to you."

Walton used the person's name if he knew it. "But even if I didn't, I would still speak to them," he said. "Before long, I probably knew more students than anybody in the university, and they recognized me and considered me their friend."

No sincere welcome is unimportant, even if necessity requires brevity.

## I am what I am

I am not what I ought to be. I am not what I want to be. I am not what I hope to be. But still, I am not what I used to be. And by the grace of God, I am what I am.

-John Newton

## "Quotable Quotes"

UNITY: Love is our God; Life is our religion; Humanity is our church; Loving our neighbor as our self is our joyful worship.

-J. Sig Paulson

We have to pray with our eyes on God, not on the difficulties.

-Oswald Chambers

God knows how to relieve us and to heal us, when our faith is centered within, and when we decide to accept it and make use of His help.

-Myrtle Fillmore

Love and work are the cornerstones of our humanness.

-Sigmund Freud

Lots of people want to ride with you in the limo, but what you want is someone who will take the bus with you when the limo breaks down.

-Oprah Winfrey

The greatest nation in the world is imagination.

-J. Sig Paulson

The measure of achievement is not winning awards. It's doing something that you appreciate, something you believe is worthwhile. I think of my strawberry soufflé. I did that at least twenty-eight times before I finally conquered it.

-Julia Child

We are not in a position in which we have nothing to work with. We already have capacities, talents, direction, missions, callings.

-Abraham Maslow

Speak kind words and you will hear kind echoes.

-Bahn



# What is God?

*By James Dillet Freeman*

We use many terms when we speak of God.

God is Principle, we say. Or, God is Father. We speak of the Christ. Or we say that God is incarnate in Jesus Christ. We speak of Divine Mind as God. Or we say that God's name is Jehovah. God is the One; yet we speak of the Trinity of God.

God does not change. God is eternally the same. But the God-idea changes. The God-idea changes as we human beings change. Your God-idea changes as you change.

God is that which rules the world. What do you believe rules your world? What do you trust in? What do you depend on for your help?

You probably cannot give a simple answer. At different times you have thought of God in different ways, and all these different thoughts are mixed together in your mind.

The truth about God is the highest kind of truth we can know. It is a many-faceted truth, like a diamond. Solid geometry does not make the truths of plane geometry less true. It just adds another dimension to the truth. So it is with God. New concepts of God do not mean that older concepts are no longer true. They are still true -- only they are not enough.

The earliest notion of what rules the world must have been not so much a sense of God as a sense of impersonal force, the presence of power, a pervading influence.

## God as Force

Certainly the first human beings lived in a world ruled by force. The seasons rolled over them; winds blew; rain and sun

beat down; storms raged; beasts and people attacked one another.

In such a world human beings needed courage; they sensed God's presence most clearly in the hero. To set force in motion, force is needed; so prayer became a magic rite or spell. The magician did not ask the gods for favors; he sought to compel the power that rules the world.

To many of us, God is still force, largely. We depend on force to achieve our ends.

And force is good, force is necessary. Without it nothing gets done.

But force is not enough.

For one thing, we cannot set a force in motion without setting an equal force in motion in the opposite direction. This is Newton's Third Law of Motion. The ancients called it the Law of the Opposites. When we live on the level of force, we are always setting into motion forces that are opposite to what we want. For force is not good or evil. The fire gives warmth, but also it burns; it works to create and destroy.

To believe that the world is ruled by force is the most primitive of all beliefs. It is the belief of brutes. And human beings are not brutes. The belief in force is not enough for human beings.

God may be thought of as force, but God is a force that acts like a person. It was not long before human beings began to personify the divine force.

## God as Person

God never puts Himself out of reach. God is a force to those who need to rely on force. God is a person to those who need to depend on God as a person. And probably all of us have times when we long to know God as a person. Because we are persons.

You are a person. Around you are persons. You understand them.

You feel that they understand you. You know how to communicate with them. When you call, they will hear and may respond.

It is hard not to imagine God like ourselves. We want to make a statue or paint a picture of God. We say, "God is," not, "It is." We say, "Our Father" -- or even, "Our Mother" -- and immediately the mysterious reality we are yearning to identify ourselves with seems close and real.

When God is thought of as a person, God becomes the king and ruler of heaven and Earth, to whom we owe absolute obedience. God may incarnate as an avatar or personal savior. Prayer becomes supplication; we may think that if a personal God desires, God may set aside the rules by which this world is run; at least, we can plead with God to do this for us.

But in most religions based on the idea that God is a person, God usually has become not only a loving Father but a stern judge. The world turns at God's will -- God made it and God may destroy it. God demands sacrifices, even of life, and God may punish disobedience to God's will with harsh and everlasting judgments.

To think of God as a person is good when it makes us feel that we understand God. It is a step toward God. But it is not enough.

God is not made in our image. We are made in God's image. Between these two views there stretches an infinity. Our aim must ultimately be not to see God as a person but to see ourselves in our godlikeness.

## God as Law

God may be thought of as a person, but God is a person who acts like law.

Today most educated people believe that the world is ruled by law. This is the age of science; as scientific knowledge increases, we

see that what we once thought was ruled by force and chance is really ruled by law.

Apollo, the willful and beautiful god, is metamorphosed into a glowing, incandescent globe nearly 93 million miles away; we put its energies to work for us. Rain and drought are not the whim of Jupiter or Thor, but the result of natural laws at work in the atmosphere; we can predict the weather and one day will control it. The tides are obedient not to Neptune, but to the pull of gravity; we make our plans to harness them. More and more we come to see that even the behavior of living creatures and human beings is subject to laws. These laws, too, we can learn and use.

Religions that conceive of God as law often think of themselves as sciences more than as religions. God becomes impersonal Principle, and life is governed by the law of cause and effect, of sowing and reaping. Ignorance is at the root of human suffering; knowledge will be humankind's salvation. Prayer becomes affirmation -- not to change the divine Principle but to change thinking so that the Truth of God may be demonstrated. Such are the teachings of the new metaphysical movements, and they grow in influence as people come to feel that life is based on law.

The oracles of this new age are the sage and the scientist. The miracles are the miracles of law. And what miracles law works--so many we no longer call them miracles! We just accept the working of the law. We touch a button and our house is instantly flooded with warmth and light. We touch another button and there before our eyes is an event taking place thousands of miles away. We fly through the air and rocket across the heavens. We bring the dead to life and keep the living from dying; in a generation we have doubled the life span. And we

are only at the beginning of the Age of Law.

We have hardly begun to explore the laws of mind-action. When the science of mind is as advanced as the material sciences, we shall see works beside which the achievements of today -- the rockets, the atomic power, the discoveries in medicine -- will seem insignificant.

For the power in the atom is insignificant beside the power in the mind. We cannot even envision what we shall achieve as the science of human potential unfolds, as we learn how to focus and direct the powers of the mind. Here we stand only on the shore. A few people have landed and come back and reported. "There is an unknown world here!" they exclaim, and bring back to us more dazzling tales of treasures and marvels to be found in us than ever Columbus or Ponce de Leon or Cortes brought back to the rulers of Spain.

Yet even law is not enough. A world governed by law, a world where we can always determine results if we know causes, is not a free world. To be a microcosm in the macrocosm of the world, to be a pawn -- even of God -- is not enough. To have meaning, we have to be free.

Those who think that the world is ruled by law have won great triumphs--they have changed the lives of all of us -- and they will win greater triumphs yet. But law is incomplete. Though it illumines our minds, it does not fire our hearts. To live we need more than light, we need warmth.

### **God as Love**

For God may be thought of as law, but God is a law that acts like love.

When we look at the world, it is hard for most of us to believe that Love made it. But the time will come when it will be as

natural for us to think that Love made the world as it is now for us to think that force and chance made it if we are atheists. Or that a "super person" made it -- if we are fundamentalists. Or that law made it -- if we are scientists.

We have emerged from the time when God seemed most like force. We are emerging from the time when God seems most like a person. We have entered the time when God seems most like law. The time when God seems most like love is still to come.

But it is coming. Here and there, now and then, people appear who have outstripped the rest of us. They are, as it were, mutations on the tree of life. They show us what the human race is moving toward.

The God-idea as force produces the hero. The God-idea as a person produces the savior. The God-idea as law produces the sage. The God-idea as love produces the Christ, the innate divinity in all of us.

Only a few human beings have tried to live as if God were love. But even though we do not yet live this way ourselves, we sense that this is the way we are intended to live.

Most of us have moments when we live by love. For a moment we put off selfishness. For a moment we are not concerned with getting, but with giving. For a moment our thought is all for others. Such moments may be moments of pain -- sometimes it takes pain to push us beyond ourselves. We may be reluctant; we may be frightened. Yet we sense that somehow at such moments we have lived more deeply, more intensely, more meaningfully than at any other time in our lives.

For a moment we have entered into a new dimension of life, living not as we live most of the time, bounded by the horizons of self, but as we are intended to

live in a world where the horizons are of love.

Most of us manage to love one or two--our spouses, our children, our parents, our siblings, a friend--and this little love makes the difference between bare existence and life for us. If loving one or two makes the difference between emptiness and purposeful life, what would life be like if we could love a hundred -- or a thousand -- or ten thousand -- or the whole human race?

We see what such a life is like when we look toward the Master Jesus whose life, whose death, and whose life-after-death are the work of love. This is the God of love, who loves us so much that He takes on our humanness to help us put on His godliness. God suffers our faults so that we may enjoy God's perfection. God lets Himself endure the appearance of death so that we may know the reality of life.

When we come to Him hungry for food, He breaks the bread and fishes and feeds our bodies. When we come to Him hungry for God, He breaks the bread of Himself and feeds our spirits. When we bring Him our sick and dead, He gives them life. When we bring Him our sinners, God writes in the sands of life: "Neither do I condemn you. Go your way, and from now on do not sin again" On. 8:11).

He is the embodiment of divine force -- and in Him we see that the force of God is the power of love that heals and frees and supplies our needs. He is God as a person, and in Him we see that the face and voice of God are the face and the voice of love. We have only to touch the hem of His garment and we are healed. He is the fulfilling of the law, and in Him we see that the law is fulfilled by love.

When we believe that God is Love, we love. That is all. When we love, we give -- ourselves and all we have.

We love those we love out of the joy of giving, with no thought of return. We love them not because they love us. We love them not because they are good. We love them not because it is pleasant and easy to love.

We stand by them in their pain. We stand by them in their shame. We stand by them when they make deep and hard demands on us.

And we are transformed!

We see the world with the eyes of love, and how different life looks! We do not make demands for ourselves, but upon ourselves. Love demands that we rise to our highest potential; as we do, we live to our highest potential. We may not find an easy life, but we find a great life. As we give to our utmost, we live to our utmost.

### **Live by Love**

Why need I seek shelter when I have found Love? May I not trust in Love to feed me and clothe me? Will Love not keep my going out and my coming in? May I not lay my head in the heart of Love and sleep?

This is the way Jesus lived. This is the way the Christ in us bids us to live. To live by love is still too hard for most of us, but the central figure of our faith is this God-man who is Love. Today love is only the leaven. But tomorrow it will be the whole loaf.

God may be thought of as force, but God is a force that acts like a person.

God may be thought of as a person, but God is a person that acts like law.

God may be thought of as law, but God is a law that acts like love.

God may be thought of as love -- and beyond love?

Beyond love lies the infinite, range on range. But now even the peaks of Love lie hidden in the mists.

For now it is enough to say, God is Love.

--Reprinted from the Unity book *Of Time and Eternity* by James Dillet Freeman.



To get at the core of God at his greatest, one must first get into the core of himself at the least, for no one can know God who has not first known himself. Go to the depths of the soul, the secret place of the Most High, to the roots, to the heights; for all that God can do is focused there.

-- Meister Eckhart

# April 2010

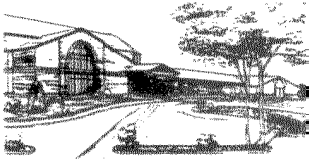
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3 Choir Rehearsal 9:00 AM Bell Rehearsal 10:30 AM
4 Concentric Perspective Class 9:15-10:15  Sunday Service 10:30 AM Youth Ed 10:30 AM  Easter Sunday	5	6 "Discover the Power Within You" Class 10:00 AM	7 AA Men's Group 10:00 AM  CA 7:00 PM	8	9	10 Choir Rehearsal 9:00 AM Bell Rehearsal 10:30 AM
11 Concentric Perspective Class 9:15-10:15  Sunday Service 10:30 AM Youth Ed 10:30 AM	12	13 "Discover the Power Within You" Class 10:00 AM	14 AA Men's Group 10:00 AM  CA 7:00 PM	15	16	17 Choir Rehearsal 9:00 AM Bell Rehearsal 10:30 AM  Grief Workshop 9:00 AM - Noon
18 Concentric Perspective Class 9:15-10:15  Sunday Service 10:30 AM Youth Ed 10:30 AM	19 Ladies Night Out "Lewy Nine's Café" At the River City Casino. 5:30 PM	20 "Discover the Power Within You" Class 10:00 AM	21 AA Men's Group 10:00 AM  CA 7:00 PM	22	23	24 Choir Rehearsal 9:00 AM Bell Rehearsal 10:30 AM
25 Sunday Service 10:30 AM Youth Ed 10:30 AM  ANNUAL MEETING 11:45 with Pot Luck to follow	26	27 "Discover the Power Within You" Class 10:00 AM	28 AA Men's Group 10:00 AM  CA 7:00 PM	29	30	

## Wings

### THE MARCH NEWSLETTER OF FIRST UNITY CHURCH OF ST. LOUIS

First Unity Church  
4753 Butler Hill Road  
St. Louis, MO 63128

Phone: (314) 845-8540  
Fax: (314) 845-0022  
Email: FirstUnitystl@att.net  
www.firstunitychurchstlouis.org



- If you no longer wish to receive this newsletter, check this box and mark return to sender, or call the church office.

## The light side -- *More St. Louis facts*

Jefferson Barracks, still open as a reserve base, museums and park, is the second largest military cemetery in the U.S. and was the site of one of the bloodiest battles in the Civil War with 25,000 killed.

The world's first skyscraper, Louis Sullivan's Wainwright Building, was built in 1897 in St. Louis. (Depends on what you call a skyscraper.)

The nation's first interstate highway was constructed here.

The Gateway Arch, at 630 feet, is the nation's tallest man-made monument.

Charles Lindbergh flew mail routes into St. Louis and named his plane "Spirit of St. Louis" to thank the

businessmen who provided financial backing for his solo Atlantic flight in 1927.

The 2nd professional fire department in the USA was started here in 1850. (Cincinnati started the first 2 years prior).

General Grant and Robert E. Lee both served as new West Point officers at St Louis.

Famous contemporary actors including John Goodman, Kevin Kline, the Judds and Scott Bakula were born in St. Louis. Other famous actors and entertainers, including Josephine Baker, Betty Grable, Vincent Price, Buddy Ebsen, Redd Foxx, Shelly Winters, Virginia

**ADDRESS SERVICE REQUESTED**

Non-Profit  
Organization  
U.S. Postage  
PAID  
St. Louis MO  
Permit 909

Mayo, Marsha Mason and many others also called St. Louis home.

The Mississippi River runs 2,350 miles from Lake Itasca in Minnesota to the Gulf of Mexico. The word "Mississippi" comes from the Anishinabe people (Ojibwe Indians). They called the river "Messipi" which means "Big River." The U.S. Army Corps of Engineers maintains a navigation channel nine feet deep in the center of the river.

Pork steaks were invented in St. Louis - toasted ravioli, and gooey butter cake, too.

*-Thanks, James Petrovic*