

# 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

February 2011

- ❖ Inspiration
- ❖ Information
- ❖ Illumination

#### Inside this issue:

News and events

Truth Thoughts

Quotable Quotes

Calendar

Humor

The 13  
Commandments

## The love that heals all

By Peggy Pifer

When you think about your life, do you sometimes wish for a cure-all, an easy-to-swallow remedy that makes you physically whole and gives you financial security, wisdom, confidence, and harmony in your relationships? There is just such a remedy—the love of God.

The love of God is healing love. This love turns pain into peace, doubt into faith, lack into abundance, sorrow into joy. The love of God is not something you have to wait for; it exists now for you and for everyone. God's love is within you, and to experience its healing qualities, you need only realize it, accept it, and express it.

Whether your need is for physical, mental, emotional, spiritual, or financial healing, dear friend, the love of God will make you whole. The love of God will heal anyone or any condition that you may be concerned about.

If your need for healing is physical, let the love of God flow in and through you. Feel it as it courses through your veins, transporting healing energy. Know that there is no condition beyond the healing power of God, the power of love. Love your body and

do what divine love tells you to take care of it. Know that divine love exists in every cell and that nothing but wholeness can endure in divine love. Affirm: *The love of God is powerfully at work in me. I am whole and vitally alive!*

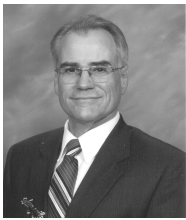
Allow the love of God to fill your mind. As its healing presence clears your thinking and strengthens your emotions, a wonderful inner peace begins to fill you. Divine love makes you strong. It upholds and sustains you when situations seem to be more than you can endure.

Through divine love, you discover that you are more than you thought you could be. You can face any obstacle with confidence and courage. With divine love you can do all things. When you feel the need for greater peace, affirm: *The love of God fills my heart with peace. I am strong and confident.*

When you want spiritual healing, know that divine love draws you ever nearer to God. In this awareness, your soul unfolds like a rose reaching for the warmth of the sun. You develop a new sense of peace and wholeness that you can feel beyond the mental or physical level; you feel it deep within your soul. To help in your spiritual growth, affirm: *I feel the love of God deep within me, and I grow nearer to God each day.*

--Continued on page six





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Senior Minister



Rev. Sharon Allmond  
Associate Minister

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Jan Mourning  
Jo Warren

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WINGS NEWSLETTER

Faye Schmelig, Editor  
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**Wings**

February 2011

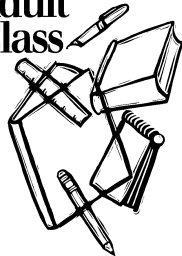
Page 2

**A Valentine Pancake  
Breakfast and  
Performance by the  
St. Louis Ukulele  
Group**

is planned for Sunday, February 13<sup>th</sup>, immediately following the service. The food is always good, the fellowship joyous, and if you've heard the ukulele club before, you know how much fun they are -- so this would be a wonderful opportunity to bring a friend to church!



**New  
Adult  
Class**



**Alternatives**

Deb Fry and Jan Mourning, Licensed Unity Teachers, will offer a 10-session class on the book *Alternatives: New Approaches to*

*Traditional Christian Beliefs* by William L. Fischer beginning Sunday, March 6, 2011 from 9:15 – 10:15 a.m.

When Jesus said, "Follow me" (Jn. 21:19), it was an invitation to live as His teachings directed, to believe as He believed. Many traditionally accepted Christian doctrines may or may not reflect the actual teachings of Jesus. *Alternatives* examines the thinking behind traditional Christian beliefs, offers some nontraditional perspectives, and allows the reader to decide what is valid. *Alternatives* may provide answers to questions that have puzzled Truth seekers for years. It may strengthen some long-held beliefs and shed new light on others. Join us to expand your thinking and enhance your spiritual growth.

Books will be available in our bookstore. This class will be offered for credit.

**Our Prayer Chaplains**

Laura Akers, Tom Bullock, Deb Fry, Anne Hartupee, and Jan Mourning are our prayer chaplains for this year.

They are available to pray with you on Sundays and will make prayer calls to anyone who would like to receive them. We are grateful for the loving, caring service of our chaplains, and we bless them in this important work.



*Praying  
with You*

This month the **Ladies' Night Out Group** will be meeting Monday evening, Feb. 21<sup>st</sup> at 5:30 at O'Leary's, 3828 S. Lindbergh. For more information call Mary Tumminello – Home: 314-843-1807 Cell: 314-814-4530. All are welcome!

**Feed My People**

On Sunday February 6<sup>th</sup>, 140 million



Americans will tune in to the Super Bowl football game. There will be parties with abundant food, friendship and

fellowship. At the same time, there will be people worrying about staying warm, finding shelter and a warm meal. Please join Feed My People and others around the country as they demonstrate God's love by loving their neighbors through the Souper Bowl of Caring. Bring your gifts of soup throughout the month and we will deliver them to Feed My People. Here is the simple prayer of a young boy that inspired this movement to help hungry and hurting people around the world: "Lord, even as we enjoy the Super Bowl football game, help us be mindful of those who are without a bowl of soup to eat."

[www.feed-my-people.org](http://www.feed-my-people.org)

**Silent Unity  
February Affirmations**



**Inner Peace:** I abide in the presence of infinite peace.

**Guidance:** I am conscious of divine direction and

follow its guidance.

**Healing:** God is active in me now. I am whole and well.

**Prosperity:** I set my imagination free, and I prosper!

**World Peace:** The world awakens to peace—one person at a time. Today I choose peace.



## Anyway

People are often unreasonable,  
illogical and self-centered;  
Forgive them anyway.

If you are kind, people may accuse  
you of selfish ulterior motives;  
Be kind anyway.

If you are honest, people may  
cheat you;  
Be honest anyway.

If you find serenity and happiness,  
people may be jealous of you;  
Be happy anyway.

The good you do today, people  
will often forget tomorrow;  
Do good anyway.

Give the world the best you have,  
and it may never be enough;  
Give the world the best you've got  
anyway.

You see, in the final analysis, it is  
between you and God;  
It was never between you and them  
anyway.

--Kent M. Keith

## Eau de hymnal

Jonathan Acuff,  
author of *Stuff*

*Christians Like*, reminisces about  
what church smells like to him:  
“that odd bouquet of faded red or  
blue hymnals, old yellowed paper  
and slight undertones of hand  
sweat.” He laments that worship  
music “splashed on video screens”  
lacks a scent.

Acuff dreams of creating a  
cologne and perfume that smell  
like old hymnals. “In the  
meantime,” he writes, “I think I’m  
going to find a small church and  
roll around in a bunch of hymnals  
when no one is looking, like  
Scrooge McDuck in his money  
vault.”



## Hang on!

When a couple received a  
rose bush as a gift, they planted  
and cared for it, eagerly waiting  
for it to bloom. A few months  
later, a bud finally appeared. Day  
by day, it began to fill out. The  
couple’s anticipation grew when  
they could see that the rose would  
be bright red.

One day, they were surprised  
to notice that the  
green around the bud  
had been pulled  
away and the flower  
petals were torn  
apart. They asked  
their young daughter  
if she knew what had  
happened. “I just couldn’t wait any  
longer,” she said, “so I blossomed  
it myself.”

The psalmist tells us to “Wait  
for the LORD ...” (Psalm 27:14,  
NRSV). Instead of trying to help  
God along, let him bring things to  
fulfillment in his perfect time.



## Consumed by stuff

In *The Man in the Mirror*,  
Patrick Morley writes that the  
word consumption means  
something totally different to  
modern people than it did 150  
years ago. Consumption, now  
known as tuberculosis, is a wasting  
disease. “Before the advent of  
antibiotics, tuberculosis could be  
slowed but rarely cured,” Morley  
writes. “The long-term effect of  
the disease was to slowly devour  
— to consume — all the victim’s  
health and vigor.”

Today, consumption is  
viewed as positive for merchants  
and the economy, Morley notes.  
But for people mired in debt, “the  
19th-century understanding of the  
term may be more true-to-life.”  
Our wants are consuming us.

To avoid being consumed  
financially — and spiritually —  
consider these words from Jesus:

“Store up for yourselves treasures  
in heaven, where neither moth nor  
rust consumes and where thieves  
do not break in and steal. For  
where your treasure is, there your  
heart will be also” (Matthew 6:20-  
21, NRSV).

## “Quotable Quotes”

You can give without loving, but  
cannot love without giving.  
-Amy Carmichael

Now join your hands, and with  
your hands your hearts.  
-Shakespeare

What the heart knows today, the  
head will understand tomorrow.  
-James Stephens

To be in love is to surpass one’s  
self.  
-Oscar Wilde

Love is not only something you  
feel. It is something you do.  
-David Wilkerson

Whatever our souls are made of,  
his and mine are the same.  
-Emily Bronte

Love is, above all, the gift of  
oneself.  
-Jean Anouilh

Listen to your heart  
For within there is an “ear”  
Attuned to God’s voice.  
-Peggy Ferrell

Love is the strongest force the  
world possesses, and yet it is the  
humblest imaginable.  
-Mahatma Gandhi

Love has nothing to do with what  
you are expecting to get, it’s what  
you are expected to give — which  
is everything.  
-Vittorio Alfieri

## The Thirteen Commandments

*By J. Sig Paulson*

### Thou shalt not covet

The Ten Commandments are steppingstones to our freedom from all types of mental and emotional bondage. The tenth commandment sums up the whole series, and puts the finishing touch to it. This is the commandment as we find it in the Book of Exodus: "Thou shalt not covet thy neighbor's house, thou shalt not covet thy neighbor's wife, nor his man-servant, nor his maid-servant, nor his ox, nor his ass, nor anything that is thy neighbor's."

This is a very specific commandment, and most of us have had its interpretation, or at least its application, stressed to us. We should never greedily desire anything that belongs to another individual. This specific prohibition tells us that we should not be envious, or jealous, or grasping of another individual's demonstration, no matter what it happens to be. We should not be envious or jealous of another man's success, of his happy marriage, of his prosperous business; and as we come into a study of Truth, we should not envy or be jealous of his state of consciousness, of his spiritual understanding, or of his ability to demonstrate the Truth. We should not desire to take anything from another person. Here, of course, we can see the elements of other commandments: "Thou shalt have no other gods before me." "Thou shalt not steal." All of these enter into this particular commandment.

There is a deeper meaning, one of greater importance to us. We all realize that it is not necessary to desire a specific thing that someone else has. For

instance, someone may have a certain kind of new car; we do not have to desire that specific car. We know that we can develop the consciousness, or work hard enough, or do something to get a car of our own. As we come into a deeper realization of the truth that our consciousness determines our outer life, we do not have to look at another man's home, or his wife, or his children, or his business success in an envious or jealous way. We realize that all we have to do is develop the right consciousness, and our own home, our own wife, our own children, our own outer good (no matter what form it takes) will come to us as a natural result.

But this commandment goes even deeper: it tells us, in effect, that we must not use the demonstration of another individual as a model for our own demonstration. We must not take anything in the outer world and set it up as an objective for our own spiritual work or unfolding consciousness. We have within us the Spirit of God; we are created specifically to express the nature of God, and we are not to look to another's demonstration as a blueprint for our own lives. This does not mean that we will not have similar things; but we are not to set them up as goals in themselves. We are to have the goals revealed to us from within our own consciousness. The Spirit of God is going to reveal to us the goals that we are to attain.

Actually, the tenth commandment is a prohibition against conformity to the world, conformity to public opinion, conformity to what other people think and do. We may not realize how often we conform to the suggestions, the ideas, the voices of others. For instance, some designer in Paris decides that skirts shall be shorter, and we see them inching up, week by week,

as women conform to this idea. As for the men, most of us are so tied to the status quo that no designer would dare attempt to change our suits or ties or anything very drastically, because we are such rigid conformists that we would not accept any radical change at all. Even in the simple matter of dress, we tend to conform, that is, to accept ideas and goals and standards set by other people.

This is not always of great importance insofar as our outer life is concerned, but it is all-important insofar as our spiritual unfoldment and growth are concerned. Each one of us is a divine original. God made you to be an original being; God has a specific purpose and goal for you. If you are going to follow the patterns set by others, you will discover that you are frustrated and unhappy (even though you may attain a degree of outer success), because you are not being the divine original that your Creator intended you to be.

There is no evading this. God has a specific design for each and every one of us. He has a certain work, a certain purpose, that each one of us is to undertake, and we are never going to find what it is as long as we accept outer patterns and attempt to conform to the opinions and beliefs of other people.

This does not mean that we are to become nonconformists just for the sake of not conforming. In fact, some of our self-styled nonconformists are among the most rigid conformists of all! It is not a matter of just being different for the sake of being different; it is a matter of being original, and being original means simply that we go back to the Source, the Spirit of God within us, for our goals and our objectives. We no longer conform to outer patterns.

We can relate this principle to outer things, such as houses, cars, clothes, and so forth, but it is even more important to relate it to our inner, spiritual growth. We need to ask ourselves: Are we really unfolding in accordance with the Spirit within us, or are we trying to follow a pattern set by a church or other institution, or by some teacher?

An individual, a rugged character like Moses, has an original revelation of Truth, and it works miracles in his life and in the lives of his immediate followers. And then what happens? The conformists rush in and set up a whole system of rules and regulations. The day of worship, the way of worship, and everything else is outlined. This has been true throughout history. Eventually another soul is touched by the Spirit of God and comes up with a new idea, and the same process is repeated. For a time that original thinking, that original revelation of Truth, retains a tremendous power, at least in the life of the individual through whom it came, but soon the conformists come in with their rules and regulations. They say they are trying to protect the Truth that has been revealed through the individual, but the Truth does not need an organization to support it; it needs an individual to express it. This is something we should remember. We do not find fault with or point an accusing finger at organizations; neither do we let them rule us or dictate to us, or determine the pattern of our spiritual unfoldment. These commandments, when we understand their spiritual significance, bring this truth home to us. It is true that there is one way to God, one way to heaven, but no institution or organization has any monopoly on it because that way is incorporated into the very fabric of your being and mine. It is part of our nature, and the best that any

teacher or teaching can do is point to this great truth that the way to God is within us. We will never find God in any other way. It does not make any difference how formidable or big the organization or institution to which we belong; until we awaken to this truth that there is one way, and that the way is within us, we have not started on our path of spiritual unfoldment. We may be dedicated students of the Bible or of our particular philosophy, but we are not really unfolding in accordance with the Spirit of God within us.

Now this truth is important in our own individual unfoldment, and it is important in our relationships with other people. We, as individuals, are not to conform to the patterns and the ideas and the philosophies and the dogmas of religious groups or other individuals; neither are we to try to force other people to conform to our beliefs. We are to be free, and we are to maintain freedom for ourselves and for others, or we stop growing spiritually. When we are about the Father's business of unfolding spiritually, we just don't have time to interfere in somebody else's business; it is a full-time job, twenty-four hours a day, seven days a week.

We are not to covet or envy or be jealous of anyone else's accomplishment in a spiritual way. Neither are we to force anyone else to travel our path. We are to be true to our inner Spirit. We are to take whatever time is necessary to establish contact with Spirit, and then we are to let Spirit reveal the goals, the purposes, the objectives of our lives. Here again we see a repetition of the idea contained in the first commandment, "Thou shalt have no other gods before me" : "You shall have no other god of whatever nature before that divine inner Spirit which is the way to freedom within you."

Where, then, do we practice this commandment? Certainly it is not intended that we should withdraw from life, that we should look with disdain on our worldly affairs and activities. No, we are to demonstrate the truth and the effectiveness of this commandment in our everyday experiences. In Romans we have a marvelous instruction that is closely linked with this commandment: "I beseech you therefore, brethren, by the mercies of God, to present your bodies a living sacrifice, holy, acceptable to God, which is your spiritual service. And be not fashioned according to this world: but be ye transformed by the renewing of your mind, that ye may prove what is the good and acceptable and perfect will of God."

This outlines the way in which we can keep the tenth commandment. We are to present our bodies (and of course that means not only our physical bodies, but our whole outer life) daily to the Lord God within us in order that we may find what is holy and acceptable to God. We are to take our daily activities, our life, our work, our relationships, our marriage, our friendships daily to the presence of God within us and find out what is the holy and acceptable Truth in each case.

We cannot let anyone else do this for us. We cannot expect some institution, organization, or teacher to do this for us, because if we do we will be attempting to live a counterfeit life. We will be trying to establish in our own consciousness and in our own life something that belongs uniquely to another individual. There is nothing wrong with his way, because it *is* his way of unfoldment. But we must do this for ourselves. We must take all our outer relationships and experiences and present them as a sacrifice, with the expectation of having them lifted up and made

whole and complete and acceptable to the Spirit of God, the Creator of the entire universe.

Get rid of old ideas, old patterns, old beliefs, and let God reveal the Truth to you. Let your life be transformed through the renewing of your mind. How is your mind renewed? Through contact with the original Source, the Spirit of God within you. When you present your life daily, and many times a day, to the Spirit of God within you, then the original idea in the relationship, in the activity, in the work is revealed to you, and it begins to be expressed through you. Then you are fulfilling the purpose for which God created you. You are being transformed daily through the renewing of your mind, and you are proving for yourself what the will of God is, what is good and acceptable and perfect.

But remember, you are to prove this in your own life. You are not to go out and try to improve somebody else's life by telling him what to do. He will "catch on" if you are really living in accordance with this idea. He will see that there is something taking place in you that interests and appeals to him. If he comes to you seeking your secret, remember that he is not asking you to tell him how to think and feel, or where to go, or anything else. He is coming to you for the word of Truth, and that word of Truth is that the way to God is within him. The way to God is within each and every individual. There are certain steps we can take to help bring our outer relationships, our experiences, our work, our business, to the Spirit within us. One is to take an affirmation, an affirmative statement of Truth, and think about it, meditate on it. Here is one such affirmation: *"My life, my work, all my daily activities are part of God's original plan of good. I bring them all to the divine*

*Source daily in order that I may prove what is the will of God, 'what is holy, perfect, and acceptable in His sight.'"*

When we obey the tenth commandment and all the other commandments that Moses revealed to mankind, we are in the process of transforming our lives through renewing our minds, through opening ourselves to the original Source of all. This becomes a happy discipline, a discipline of joy and freedom; a discipline that in many ways is the toughest we will ever undertake, but the most satisfying because it is the way to freedom. It is the way back to our true nature and our true purpose in God's original plan of good.

#### ACTION AFFIRMATION

*I am no longer conformed to the world of appearances and human opinion. I am transformed by the renewing of my mind from within. I am true to the divine plan for my life.*



#### ...From page one

If your concern is financial, let the love of God

flow through your mind. Accept the divine ideas you receive and use them to draw your good to you. God's love will expand your prosperity consciousness and open new doors to abundance. To increase your awareness of God's abundance around you, speak these words: *The love of God fills my mind with rich ideas. Abundance is mine to use and enjoy!*

The love of God heals relationships, for it is unconditional. Invite this perfect love into your heart and see with the eyes of love as you interact with others. You will find that there are no slights; there are no hurts, for divine love hears with understanding ears and sees only good. When you are praying to restore a relationship to wholeness, affirm: *I let the love of God fill my heart. I speak words of love, and I act in ways of love.*

Divine love when expressed to others attracts loving people into your life. If you are seeking a companion to share your life with or if you want new friendships, pray that you may more fully express the love of God that is within you. As you express divine love, it returns to you in the form of happy experiences, lasting friendships, and loving companionship. Feel the presence of divine love within you as you affirm: *I give from the love of God that dwells in my heart, and I receive unending happiness.*

You may say that you have opened your heart to God's healing love and that the answer has not come. Don't give up. Keep praying; keep thinking thoughts of love about the conditions in your life. Keep speaking words of love to yourself and others. Open your heart to God. Let divine love heal you, guide you, and uphold you. Let divine *love* heal your friends and dear ones in whatever way is needed. See with eyes of love, hear with ears of love, think only of divine love, and your life will change for the better. You will find that everything is being healed and that all is truly well.

# February - 2011

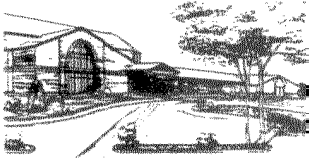
| Sun   | Mon  | Tue   | Wed   | Thu              | Fri              | Sat  |
|---|--|---|---|------------------|------------------|--|
|   |  | <p><i>1</i></p> <p>Tai Chi<br/>10:00 AM</p> <p>Zumba<br/>6:30 PM</p>  | <p><i>2</i></p> <p>AA Men's Group<br/>10:00 AM</p> <p>CA 7:00 PM</p>  | <p><i>3</i></p>  | <p><i>4</i></p>  | <p><i>5</i></p> <p>Choir Rehearsal<br/>9:00 AM</p> <p>Bell Choir Rehearsal<br/>10:30 AM</p>  |
| <p><i>6</i></p> <p>Sunday Service<br/>10:30 AM</p> <p>Youth Ed 10:30 AM</p>   | <p><i>7</i></p>  | <p><i>8</i></p> <p>Tai Chi<br/>10:00 AM</p> <p>Zumba<br/>6:30 PM</p>  | <p><i>9</i></p> <p>AA Men's Group<br/>10:00 AM</p> <p>CA 7:00 PM</p>  | <p><i>10</i></p> | <p><i>11</i></p> | <p><i>12</i></p> <p>Choir Rehearsal<br/>9:00 AM</p> <p>Bell Choir Rehearsal<br/>10:30 AM</p> |
| <p><i>13</i></p> <p>Sunday Service<br/>10:30 AM</p> <p>Youth Ed 10:30 AM</p> <p>Pancake Breakfast<br/>And Ukulele Group<br/>following service</p> | <p><i>14</i></p>   | <p><i>15</i></p> <p>Tai Chi<br/>10:00 AM</p> <p>Zumba<br/>6:30 PM</p> | <p><i>16</i></p> <p>AA Men's Group<br/>10:00 AM</p> <p>CA 7:00 PM</p> | <p><i>17</i></p> | <p><i>18</i></p> | <p><i>19</i></p> <p>Choir Rehearsal<br/>9:00 AM</p> <p>Bell Choir Rehearsal<br/>10:30 AM</p> |
| <p><i>20</i></p> <p>Sunday Service<br/>10:30 AM</p> <p>Youth Ed 10:30 AM</p>  | <p><i>21</i></p> <p>Ladies Night Out<br/>O'Leary's<br/>3828 S. Lindbergh<br/>5:30 PM</p> | <p><i>22</i></p> <p>Tai Chi<br/>10:00 AM</p> <p>Zumba<br/>6:30 PM</p> | <p><i>23</i></p> <p>AA Men's Group<br/>10:00 AM</p> <p>CA 7:00 PM</p> | <p><i>24</i></p> | <p><i>25</i></p> | <p><i>26</i></p> <p>Choir Rehearsal<br/>9:00 AM</p> <p>Bell Choir Rehearsal<br/>10:30 AM</p> |
| <p><i>27</i></p> <p>Sunday Service<br/>10:30 AM</p> <p>Youth Ed 10:30 AM</p>  | <p><i>28</i></p>   |   |   |                  |                  |  |

## Wings

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

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# The light side – What love means to 4-8 year olds

Love is like a little old woman and a little old man who are still friends even after they know each other so well.

-Tommy, age 6

During my piano recital, I was on a stage and I was scared. I looked at all the people watching me and saw my daddy waving and smiling. He was the only one doing that. I wasn't scared anymore.

-Cindy, age 8

My mommy loves me more than anybody.

You don't see anyone else kissing me to sleep at night.

-Clare, age 6

Love is when Mommy gives Daddy the best piece of chicken.

-Elaine, age 5

Love is when Mommy sees Daddy smelly and sweaty and still says he is handsomer than Robert Redford.

-Chris, age 7

Love is when your puppy licks your face even after you left him alone all day.

-Mary Ann, age 4

I know my older sister loves me because she gives me all her old clothes and has to go out and buy new ones.

-Lauren, age 4

When you love somebody, your eyelashes go up and down and little stars come out of you. (What an image!)

-Karen - age 7

Love is when Mommy sees Daddy on the toilet and she doesn't think it's gross.

-Mark, age 6

