



*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

March 2009

## Growing through unexpected change

»J\* *Inspiration*

»!\* *Information*

»t» *Illumination*

*By James Dillet Freeman*

A number of times in my life things have not turned out the way I prayed they would but the way I prayed they wouldn't.

Has that ever happened to you? When these events happened, they seemed utterly dire, and they were when they were happening, but looking back, I can give thanks that they occurred. They led me—no, sometimes they *forced me*—to do things that I have always been grateful I have done.



We human beings have the human spirit of God hi us and that is a magnificent spirit. If you have ever climbed a mountain, you know that above the timberline where sun and wind are so fierce that even the rocks are shattered and powdered, beautiful flowers bloom in the crevices between the bare rocks. We human beings are like those flowers. We are meant for the heights, and we have powers in us we do not know we have. We can survive and grow and bloom above the timberline.

The human spirit

of God can stand when the whole world around us falls apart. It can find a way when there seems to be no way. It can rise out of the ruins of its life and build anew.

I pray that you will never give up praying for the good, for you may find that what seemed lost may yet be found, what seemed failure may yet turn into success, and what seemed hopeless may yet contain good you could not see was there.

### Inside this issue:

News and events

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Do not think that I have met these events with serene faith. I have not. I may have met them with prayer, but also I met them with a lot of fear and anger. I believe that God means life to be joyous, not a sad experience, and I do not believe there is any virtue in accepting suffering willingly.

Life is not meant to be easy. It is meant to be *great*. To be great, we have to live greatly. To live greatly, we have to find great new powers. To find great new powers, we have to grow. One unqualified truth about life: Life is meant for growth.



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## Wings

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## Ready for Abundance?

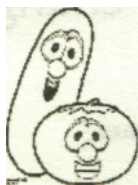
Rev. Robin Reiter will be at First Unity Church Sunday, March 8 for the Sunday services and then a powerful workshop. She has created a process called Sacred Abundance, and she will share it with us at 1:00 in the fellowship area. Please plan to either bring a brown bag lunch or go out for a quick lunch. You won't want to miss a single minute!

Robin asks, "Are you ready to experience vibrant health, profound love, limitless wealth and overflowing joy?" Are you?

Plan to join us!

## Fun in the Old Testament

Rev. Sharon Allmond will begin a class Wednesday, March 25, called **The Veggi-Tale Approach**. For five weeks, the class will use the Bible, Veggi-Tales and metaphysics to learn more about the Old Testament, what it can mean in our lives, and have fun in the process! The class will meet in the old sanctuary at 7 pm. All you need to bring is yourself, your Bible and your sense of humor. The class is offered on a love offering basis. We hope to see you there!

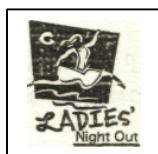


## Google your Noodle Trivia Night

On Saturday, March 28, the doors at Unity will open for a Trivia night fund-raiser to assist Rev. Randy with expenses from his recent surgery. Advance tickets are \$10 & \$15 at the door. There will be:

- > Prizes for the winning table
- > 50/50 raffle
- > Silent auction
- > Special basket raffle Feel free to

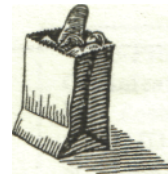
bring your favorite snacks. Beverages, assorted snacks and hot items will be provided for a love offering. For more info call Linda Harr, evenings, at 636-677-1072.



**Ladies' Night Out** will meet at 5:30, March 19th, at Sweet Tomato's, 9846 Watson Road.

## Feed My People

Donations to Feed My People are especially generous around the holidays, but in the months following, the donations often fall off. Your ongoing support is especially appreciated at this time of year.  
www.feed-my-people.org



## Easter Lilies

Lilies will once again be available this year. The price is \$8.50 and orders must be in by Palm Sunday, April 5th.



## March Affirmations

### Inner Peace:

I breathe into this moment of tranquility and experience the peace of God.

**Guidance:** I am confident as I listen to and act upon divine guidance.

**Healing:** Health is my natural state of being. I am energetic in mind and body.

**Prosperity:** I live in an abundant world and trust God to reveal my good to me.

**World Peace:** We are unique expressions of love, living as one family of God.

## Spring Song

By Janie Colston

I hear God's laughter in the wind, As weeping willows sway and bend To feel the warmth and love in the air And sense the surge of life everywhere.

Birds flit right past me, a goal on the wing, Warbling sweet love songs to celebrate spring. My world teems with life. in the sky, in the earth. Once again spring returns with the joy of new birth.



## Refining fire

Religion is not a nagging parent, nor is it a report card keeping track of our achievements and failures and grading our performance.



Religion is a refining fire, helping us get rid of everything that is not us, everything that distorts, dilutes or compromises the persons we really want to be, until only our authentic selves remain.

-Harold Kushner

## Facing the music

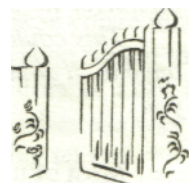
The late United Methodist Bishop Gerald Kennedy told the story of a boy who accidentally broke the glass of a street lamp. When he asked his dad what he should do, his dad said they must go to the city's headquarters, find out the cost and then pay to replace it.

That was more than the boy really wanted to do. He whimpered, "I thought that all I had to do was ask God to forgive me."

God does indeed forgive, but that doesn't mean we can avoid the consequences of our actions. When we mess up, life can be a problem for a while. But thankfully, our gracious God doesn't hold our sins against us.

## Move the Fence

In Europe during World War II, two soldiers attempted to



provide a decent burial for their buddy. At a nearby village, they found a cemetery next to a church. When the friends asked for permission to bury their friend there, the pastor said that wasn't possible because the soldier

belonged to another denomination. Sensing their disappointment, the pastor agreed to bury the soldier in a grassy area beyond the cemetery. "It's just outside the fence," he said. The two friends accepted the offer and vowed to return.

A few weeks later, when they came back to the village, they couldn't locate the new grave. The pastor quickly calmed them down. "Everything's all right," he said. "After we buried your friend, I kept thinking about him. So I came out here, and I moved the fence."

Denominational divisions often keep us from interacting with other Christians. The next time you have the opportunity to fellowship with someone who's different from you, remember this story. Take a bold step and move the fence.

## Buckle on the straps

A cowboy once offered this sensible notion of living the Christian faith:



"Lotsa folks who'd really like to do right think that servin' the Lord just means shoutin' themselves hoarse praisin' his name.

"Well, I'll tell ya how I look at that. I'm workin' here fer Jim. Now, if I'd sit around the house here tellin' what a good fella Jim is, and singin' songs to him, and gettin' up in the night to serenade him, I'd be doin' just like a lot of Christians do. But I wouldn't suit Jim, and I'd get fired mighty quick.

"But when I buckle on my straps and hustle among the hills and see that Jim's herd is all right and not sufferin' fer water and feed, or bein' off the range and branded by cattle thieves, well then, I'm servin' Jim the way he wants to be served.

## "Quotable Quotes"

When we blindly adopt a religion a political system, a literary dogma, we become automatons. We cease to grow.

-Anais Nin

The average pencil is seven inches long, with just a half-inch eraser. Remember that, in case you thought optimism was dead. - Robert Brault

Practical prayer is harder on the soles of your shoes than on the knees of your trousers.

-Austin O'Malley

The difference between the right word and the almost right word is the difference between lightning and a lightning bug.

-Mark Twain

How wonderful it is that nobody need wait a single moment before starting to improve the world. - Anne Frank

There came a time when the risk to remain tight in the bud was more painful than the risk it took to blossom.

-Anais Nin

The important thing is this: To be able at any moment to sacrifice what we are for what we could become.

-Charles Dubois

Every great dream begins with a dreamer. Always remember, you have within you the strength, the patience, and the passion to reach for the stars to change the world. -Harriet Tubman

Change will not come if we wait for some other person or some other time. We are the ones we've been waiting for. We are the change that we seek.

-Barack Obama

## **BUILD A NEW LIFE . . .** **By Joyfully Rejoicing**

*By Belle Burns Gromer (-*  
Continued from February)

### **A Breath of Fresh Air**

How to think about God, that was the question. Well, I began to enumerate His qualities. I thought of beauty, strength, and courage, of peace, love, and joy. In my unhappiness the most desirable seemed to be joy, and as I concentrated on the contemplation of this quality I started my climb upward.

The things that I did may sound ridiculous, but you can believe me when I say that they worked. First of all I threw open the windows and let in God's fresh air. I thanked Him that He had supplied it so abundantly and that I was alive to breathe it. Then I turned on the radio to the happiest dance tune I could find. My limited lesser self sneered cynically as I began to dance and sing to the music. It told me I was a fool and an idiot; but I laughed in its face and danced all the harder.

The result? It was not ten minutes before I felt like a new person! I ran to the mirror and was amazed to see how my eyes had lost their lackluster expression. I had color in my cheeks, the corners of my mouth were turning up instead of down, and suddenly I knew that life could be enchanting and marvelous fun again and that there were still thousands of new things for me to learn, do, and be.

From that day I began to count my blessings, to be grateful, friendly, and generous. I endeavored in every way I could to show my gratitude by helping others to find the way out of their difficulties. And certainly the things I did were efficacious; for by raising my consciousness to the level where God reigned I began to experience what seemed like miracles. Within a year I had my

own lovely home, the garden I had dreamed about, exactly the car I wanted, a greatly enlarged income, a delightful circle of new friends, and the wonderful peace that passes all understanding.

The Psalms are wonderful helpers when joy eludes us. Some of them are true elevators to carry us to our true dwelling place, which is the kingdom of heaven. Over and over the Psalmist seeks to arouse our emotion of joy. Note how he urges us: "Sing!" "Praise!" "Lift up!" "Give thanks!" "Trust!" "Bless!" "Hope!" "Love!" "Make a joyful noise!" Remember how he says:

*"Oh let the nations be glad and sing for joy; For thou wilt judge the peoples with equity, And govern the nations upon earth. Let the people praise thee, O God; Let all the peoples praise thee. The earth hath yielded its increase: God, even our own God, will bless us."*

The lotus is called the sacred flower of India. It begins its climb upward from the very depths of noisome bogs. Up through filth, slime, and stagnant waters it pushes its joyous, confident way until one day it rises out of the depths into God's sunlight where it bursts forth in a display of entrancing beauty.

If your climb toward the light seems arduous, remember the lesson of the lotus. Remember also that where God is, good is. Summon joy and let it lift your thoughts, words, and emotions to the impregnable height where you may dwell safely forever under God's protection, providence, and loving care.

## **BUILD A NEW LIFE . . .** **By Shining up your Dreams**

*By Marguerette Gilmore*  
THERE IS AN old story that goes like this:

*Once upon a time there was an old, old woman who carried a little worn and ragged sack. In the sack was one small tarnished dream. It was her reason for going on. Long since all the other dreams had been lost somewhere along the wayside. But this one last little dream she cherished and refused to part with.*

*As she trudged along, she became tired and sat under a tree. Suddenly she had an inspiration. With trembling hands she drew out the tarnished and dull little dream. She held it lovingly in her hands, and then all at once she began to rub the dream and to polish and shine it. Great excitement filled her as she worked on the dream. She hardly realized the passing of time. And after a while she saw that the dream was as shiny and sparkling as it could become.*

*She held the dream admiringly in front of her, held it up and loved it; and in its shininess she caught a glimpse of her own reflection. She was astonished. She saw a beautiful face as young and full of wonder as it had been the day she created the dream. And suddenly she was no longer tired.*

*This could be the story of anyone. It could be the story of you.*

Most of us start out with a whole bag of dreams - great dreams and small dreams. They mean much to us at the time we dream them; but as we go along the road, we lose them, one by one, until hardly any of them remain.

Maybe we create a new dream once in a while, but rarely. Many people settle down in a humdrum pattern of living and say, "Well, this is life." They live to eat and to live, and never find any great satisfactions, never really get to know themselves. Never really grow into the beings they were meant to be.

But this is not life. Dreams, our desired goals, are the stuff that life is made of- real life. Losing those dreams, having no dream to get lost in, makes us grow old. We should never be without one, for without dreams we have no goals; and without goals we just drift along, and life will pass us by.

When you are shining up a dream, you are shining up yourself; and you create enthusiasm that spreads to your other activities and to the other members of the family.

Let's look at some of the dreams we once had. Do we dare? We were going to be president maybe, or travel the world; we were going to write or paint great masterpieces or be the queen of Hollywood. The most beautiful of our dreams was the one in which we were going to be of great service to others - maybe help God with His work - when we became a missionary, minister, or a great doctor or nurse.

Well, whatever that really great dream was, it got lost just like the others. There were a multitude of them and now the sack looks so empty.

But just because you're thirty or forty or eighty is no reason to throw away your dreams. Look at Grandma Moses, when she was seventy-six, picking up and polishing off an old dream to paint.

My mother always wanted to be a nurse. After raising a family of six, she took nurses' training and spent the last years of her life nursing. She was a good nurse, too. When one cherishes a desire that long, it's an innate and natural

part of that person and, when expressed, will be a real fulfillment, and surely the dreamer develops into a far greater person for having fulfilled the dream.

Glenn Clark, widely published author on the life of prayer, said that a persistent desire is God nudging a person to act in that direction.

Just what is a dream anyway? A desire, a plan, a hope, an inspiration all molded into one big shining lump - that's a dream. But if you let dreams lie around untouched too long, they get tarnished; sometimes they rust completely away.

And how do we shine them up again?

We take them out of the bag and sort through them. In our maturity, we choose the ones we really want to keep. Some of the dreams of youth have to be tossed out. It doesn't seem feasible to be a missionary in some faraway place if you have a family. But that one could be revamped. There's work to be done in your own community. If you didn't turn out to be a politically minded person, you just can't plan to be president. But you can help improve our government by informing yourself thoroughly on the candidates and helping others to be informed and by working for social reforms and better laws.

Dreams to be and do in the art world never have to be put aside. There is no limit to time or place - nor any limiting factor, for that matter, except your own attitude. If you want to paint or write or be a sculptor, if you want to sing or dance, do it. Find a medium of expression and express yourself. It is never too late to get an education in almost anything. The library is full of books on every subject. There are night classes, adult-education courses, and private instructors. Many of your dreams don't need an education; they just need expression.

Once you've sorted the dreams and chosen the ones still worth working on, write them down on paper. Choose one or two according to importance and suitability to you. Then under each of these list the things you can do right now to further your dream. There is always something you can do. You can begin to save money, even little bits help; you can begin to read about the subject you have chosen; you can practice; and most of all, you can begin to think affirmatively in regard to it.

Having a dream out in the open and having made a decision to do something about it, your thinking will naturally begin to change, to draw inspiration, to form plans and ways. Without even realizing it you will change - and for the better. With new purpose you'll be a more dynamic person.

Say you want to be an artist and haven't money for classes. Then get some good books from the library on famous artists and on how-to. Soak up everything you can. Literally fill your mind with being an artist. Maybe you can earn extra money or budget present income to include art lessons if you really want mem. That old saying, "When there's a will there's a way," is as true today as it ever was.

Suppose all your dreams were the queen and president kind and had to be thrown out so that your little sack is completely empty - no dreams left at all. Then I would suggest your dreaming up some new ones.

A friend of mine confided to me one day that her life seemed commonplace. Her big dream had been to get married. Now she was married. She did the housework, minded the children, and went to bridge club - that was it. So we started delving into her personality, looking for interests. We had a brainstorm session; and during it she revealed she had

some farfetched dreams, like going to South America.

She decided to polish up that dream. She got books, travel folders and pictures of South America. She planned clothes; she mentally made sightseeing and travel arrangements; she literally filled her mind with the idea, never doubting that one day she would be utilizing all this information. She worked at budgeting the household money and started a savings account; she thought up ways to make extra money - did with fewer clothes, and dressed her own hair part of the time.

It took several years to fulfill her dream and have everything right to take that trip. Her husband said that, during the time she worked on her South American dream, she had much more sparkle in her personality, was almost always enthusiastic, and that her budgeting made her a much more alert and thrifty person. They both enjoyed a trip that was so well planned. "It was like a second honeymoon," they both agreed.

Now she is polishing up a dream to do acting. She belongs to a local theater group and takes a class in drama. Her husband is working on a dream to go to Africa. They are an inspiring couple to be around because they are so full of enthusiasm.

If you will look deep within yourself, you'll probably see an old dream grown tarnished from long neglect, but still a part of your deeper self longing to be recognized.

Get it out and shine it up. Once you set your plans in motion and begin doing something about a dream, it begins to glow. And more wonderful than the shine of the dream is the glow that you take an.

## **Build a New Life ... By Realizing the Unreality of Error**

*By Charles Fillmore*

*My understanding of Truth reveals the unreality of sickness and the reality of health. I am radiant with the understanding that abiding health is my divine inheritance. My understanding of the omnipresence of elemental substance opens the door to a continuous inflow of superabundance into my mind and affairs.*

Lack of understanding, not only individual but collective, confronts us on every side. We blunder through life instead of walking confidently, open-eyed. Or we sit in the city of indecision waiting for something to turn up when, urged and guided by the inner light, we should be going forth to meet good fortune.

We never weary of quoting that wise observation of Job's, "There is a spirit in man, and the breath of the Almighty giveth them understanding." (A.V.) Most persons think that understanding is gained by intellectual development, mostly in institutions of learning. But the Book of Job was written by one who had great understanding but no literary degrees, so far as is known. Some authorities claim the book is at least 5,000 years old; but Job knew much about Spirit both in Jehovah and in man. In the passage quoted he uses the pronoun "them" instead of "he" in referring to man, thus revealing that he understood the spiritual nature of man to be dual: male and female. Job's familiarity with Spirit and spiritual laws is evidence to a metaphysician that he gained his understanding direct from Spirit. Jesus taught, "It is the spirit that giveth life."

We would not belittle intellectual knowledge if it is acquired under the guidance of Spirit. The one and only object of our existence is the development of our souls, and any attainment, whether mental or material, that cannot be associated with and counted as an aid toward that end will ultimately be refused. So it is the concentration of the mind on Spirit that reveals the truth about the many situations that meet us in our daily contacts. If we count health and disease as equal, the "thought stuff" of our mind will animate them with like potency. We shall find ourselves believing that disease is just as real and far more catching than health.

Yet a moment's analysis of the relation between disease and health shows that health is the real, the God-given condition, and disease the unreal, the abnormal, from which we are all seeking to escape. Truth not only shows the reality at the core of all things; it also shows that we shall never escape from the unreal so long as we allow our mental processes to clothe it with "thought stuff,"

If you deny disease as devoid of reality and affirm health as spiritual and abiding, the Spirit will bear witness with your spirit and you will demonstrate health.

Daily concentration of mind on Spirit and its attributes reveals to us that the elemental forces that make matter are here in the ethers awaiting our recognition and appropriation. It is not necessary to know all the details of the scientific law in order to demonstrate prosperity. Go into the silence daily at a stated time and concentrate on the substance of Spirit prepared for you from the foundation of the world. You will thus open up a current of thought that will bring prosperity into your life.

# March 2009

First Unity Church-4753 Butler Hill Road-845-8540

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>1</b> Sunday Services 9:15 &amp; 11:00 AM</p> <p>How to Let God Help You Class 9:15 AM</p>		<p><b>3</b> Stop, Think, Start! Class 10:00 AM</p> <p>OA Group 1:00 PM</p>	<p><b>4</b> AA Men's Meeting 10:00 AM</p> <p>CA Group 7:00 PM</p>			<p><b>7</b> Choir rehearsal 9:00 AM Bell choir rehearsal 10:30 AM</p>
<p><b>8</b> Sunday Services 9:15 &amp; 11:00 AM</p> <p>How to Let God Help You Class 9:15 AM</p> <p>Abundance Workshop 1:00 PM</p>		<p><b>10</b> Stop, Think, Start! Class 10:00 AM</p> <p>OA Group 1:00 PM</p>	<p><b>11</b> AA Men's Meeting 10:00 AM</p> <p>CA Group 7:00 PM</p>			<p><b>14</b> Choir rehearsal 9:00 AM Bell choir rehearsal 10:30 AM</p>
<p><b>15</b> Sunday Services 9:15 &amp; 11:00 AM</p> <p>How to Let God Help You Class 9:15 AM</p>	<p><b>16</b> Ladies' Night Out 5:30 PM Sweet Tomato's 9846 Watson Road</p>	<p><b>17</b> Stop, Think, Start! Class 10:00 AM</p> <p>OA Group 1:00 PM</p>	<p><b>18</b> AA Men's Meeting 10:00 AM</p> <p>CA Group 7:00 PM</p>	<p><b>19</b> Board Meeting 7:00 PM</p>		<p><b>21</b> Choir rehearsal 9:00 AM Bell choir rehearsal 10:30 AM</p>
<p><b>22</b> Sunday Services 9:15 &amp; 11:00 AM</p> <p>How to Let God Help You Class 9:15 AM</p>		<p><b>24</b> Stop, Think, Start! Class 10:00 AM</p> <p>OA Group 1:00 PM</p>	<p><b>25</b> AA Men's Meeting 10:00 AM</p> <p>CA Group 7:00 PM</p> <p>The Veggi-Tale Approach Class 7:00 PM</p>			<p><b>28</b> Choir rehearsal 9:00 AM Bell choir rehearsal 10:30 AM</p> <p>Google your Noodle Trivia Night Doors open at 6:00</p>
<p><b>29</b> Sunday Services 9:15 &amp; 11:00 AM</p> <p>How to Let God Help You Class 9:15 AM</p>		<p><b>31</b> Stop, Think, Start! Class 10:00 AM</p> <p>OA Group 1:00 PM</p>				

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

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## A Little Humor - Kids are quick!

Teacher: Maria, go to the map and find North America  
Maria: Here it is.  
Teacher: Correct. Now class, who discovered America?  
Class: Maria.

Teacher: John, why are you doing your math  
multiplication on the floor?  
John: You told me to do it without using tables.

Teacher: Donald, what is the chemical formula for  
water?  
Donald: HI JKLMNO.  
Teacher: What are you talking about?  
Donald: Yesterday you said it's H to O.

Teacher: Millie, give me a sentence starting with 'I.'  
Millie: I is...  
Teacher: No, Millie, always say, 'I am.'  
Millie: All right. I am the ninth letter of the alphabet.

Teacher: Glenn, how do you spell 'crocodile'?<sup>1</sup>  
Glenn: K-R-O-K-O-D-I-A-L  
Teacher: No, that's wrong.  
Glenn: Maybe it's wrong, but you asked me how I spell  
it.

TEACHER: Now, Simon, tell me frankly, do you say  
prayers before eating?  
SIMON: No sir, I don't have to. My Mom is a good  
cook.

TEACHER: Clyde, your composition on 'My Dog' is  
exactly the same as your brother's. Did you copy his?  
CLYDE: No, sir. It's the same dog.

TEACHER: Harold, what do you call a person who  
keeps on talking when people are no longer interested?  
HAROLD: A teacher.

*--Thanks, Margaret Stahl*