



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

The Newsletter of
First Unity Church
Of Saint Louis

November 2008 Gratitude

<* *Inspiration*

«J» *Information*

J *Illumination*

Have you ever found yourself in the middle of a seemingly good day irritated by the slightest little thing? Maybe the traffic on the road home was stalled, or special plans for the evening were disrupted. And that one little thing shifts your whole mindset into negativity.

The next time this happens, consider stopping yourself in mid-grumble and opening your mind to all that you could be grateful for instead. Your friends, family, home, car- or just the chance God has given you to take in all that this beautiful day holds. Not only will you find your attitude blossoming into one of great peace, you'll open up the pathways to let more abundance into your life.



**Give
thanks to
the
LORD for
he is
good; his
love
endures**

1 Ch 34:11-13, NSV

When you express gratitude for what you've been given-even if it is in the form of being grateful for a challenge- God hears your heart's joy and responds in kind. When we are happy in our heart and soul, whatever we need flows to us by divine grace.

It's with great delight that we should remember this idea, not just during the Thanksgiving holiday, but throughout the year. After all, isn't giving thanks at all times really just reaffirming our trust in and love for God?

Thank you, God, for all You have provided me - now and always.

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The Seed and the
Harvest By James Dillet
Freeman

Unity cofounder Charles Fillmore once wrote: "It has been found by experience that a person increases his blessings by being grateful for what he has. Gratitude even on the mental plane is a great magnet. When gratitude is expressed from the spiritual standpoint it is powerfully augmented."

Gratitude Affirmation:

Knowing that God is my unlimited source of supply, I walk in the way of success and prosperity.



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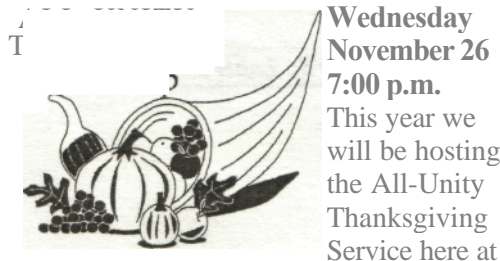
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On Sunday, October 26th
Elizabeth Dukesharer
became a member of First
Unity. Elizabeth, we
welcome you with open
arms to our church family!



**Wednesday
November 26
7:00 p.m.**

This year we
will be hosting
the All-Unity
Thanksgiving
Service here at

First Unity. Come join area Unity ministers
and friends as we joyously praise God and
give thanks for our bountiful blessings
through music and inspirational messages.
We would welcome any refreshments you
would like to bring to share with the many
visitors we expect from the other area
Unity churches.

.Iror^CJiristmas



**On Saturday, November
29* we will be decorating
our __ church home for
Christmas.** Won't you join
us at 10:00 and bring a dish
to share

after our church is all
decked out in its

Christmas best?

Ladies' Night Out will
meet on Monday, Nov. 17th, at
5:30 at Fletcher's, 384
Crestwood Plaza. For more
information, call Mary
Tumminello at 314-843-1807.



Feed My People

In this Thanksgiving season
your donations to Feed My
People are especially
appreciated, www.feed-my-people.org

The Appreciation Day celebration was
wonderful. We are blessed to serve a



December 5th and 6th
7:30 p.m.

Tickets: \$20

**DEAN'S
SWINGING
HOLIDAY
CONCERT!**

congregation like you! Thank you for the
gifts, for the party, and for your generous
and loving support. We are truly grateful!
Rev. Randy and Rev. Sharon



**Silent Unity
Affirmations for
November**

Inner Peace:

Retreating to the stillness of my soul, I
experience absolute peace.

Guidance: Receptive to the guidance
of Spirit, I move forward with confidence

Healing: God's healing energy flows
throughout my body. Ceil by cell, I am
transformed.

Prosperity: With a thankful heart, I
anticipate and accept God's abundance.

World Peace: In unity with one
another, we are creating a world of peace.

Honor our Veterans

Veterans Day, which is
November 11 each year,
is a holiday to honor
America's veterans for
their patriotism and
willingness to serve and
sacrifice for our nation's
common good.



**VETERANS
DAY**

Christians follow the
Prince of Peace, so war is a dilemma that
often challenges people of faith. Some
Christians are pacifists, while others
believe in a "just war." Many believe that
the goals of freedom, justice, equality and
democracy are worth the cost required.

Whatever individual Christians decide
about any given conflict, we give thanks to
all the men and women who served or are
now serving our country.

to love flowers, you have to hate weeds."

I do not always hate weeds. I even have a sneaking admiration for them; they survive where nothing else will. I have prayed, "Let me be the human weed of God."

The dictum that we reap what we sow draws a picture of a neat and orderly world that is not the kind we live in. We might reap what we sow if we lived in a laboratory, though from what I have read about scientists and their experiments it is not unusual for them to find surprises there. But our world is not a laboratory world; it is a world of life, even a teeming world. There is no bare crack that will not soon be crowded with living, proliferating forms.

This is a varied world,' streaked and spotty, full of twists and turns, full of surprises, an original world, a creative world, one where we are expected to be creative, too. We cannot JUST DUTY our talent in the hope that one day we can go out and dig it up. We may find that even the little we had has been taken away from us; sometimes we sow and reap nothing.

I have sown a row of beans and gotten not a single one; the rabbits chewed them off right to

the ground, if we want to have beans, we have to do something about rabbits and all the other nuisances that are likely to keep us from ever enjoying a tasty dish of them.

We have to have courage. I have often marveled at the courage it takes to be a farmer. He has to gamble with the chancy

We have to have faith, for we plant in one season and we reap in another, and the winds will shift many times between these two events.

We have to have good judgment. I have not infrequently

tried to plant things that would not grow in the place and season in which I tried to grow them. We have to have patience. We have to be willing to let things take their natural course. I have a grandson. When he was very small, he wanted a garden, so I gave him some seed and a garden row and showed him how to sow the seed. But he never gave his seed a chance - every day he was digging and prying along that row to see if any of his seed were coming up - and he harvested nothing at all.

We have to have diligence. There is not much we can extract from this life without a considerable amount of hard work.

And we have to have perseverance.

In order to reap what we hope to reap in this wonderful, chancy, living, teeming, flowery, weedy world that is the world we have come up to, we have to not only sow our seed, but we have to cultivate it with courage, faith, good judgment, patience, diligence, and perseverance. Otherwise, we may reap weeds - or nothing at all.

But there is yet another great truth about sowing and reaping: I reap where others sowed.

Would this not be a bare world if each of us had to start things from their beginning and build from there?

I am the director of Silent Unity. We reach millions today because Charles and Myrtle Fillmore, May Rowland and hundreds of others have sowed their seed of faithful prayer through more than ninety years of service.

Unity is here only because down through the centuries many men sowed many thoughts - Quimby and Emerson and Hegel and Kant and Berkeley and Servetus and Bruno and Plotinus and Plato and the great thinkers of

the East and Jesus - the Fillmores reaped these centuries of wisdom and planted in their turn.

I thank God that when I want to go somewhere I do not have to invent the wheel, but can roll along on wheels that others have devised. When I am putting on my clothes, I often think of the unknown men - or women probably - who contrived the spinning of thread and the weaving of cloth. When I put on my shoes, I bless the unsung genius who tied the first bowknot; he has made life easier for every generation since.

Oh, I thank God for all the thousands and thousands of people who have sown so that now I may reap!

Even more wonderfully, sometimes we reap where no one has sown. What can we say of this except that sometimes God *sows*, and when He does, He does not ask the sower, but appoints him, and He may choose even the unlikeliest of fields in which to do His sowing. Has not the whole world come from such a sowing? God said, "Let there be!" and out of nothing, something started, something that has never ceased to grow.

But there is still another truth about sowing and reaping: I may reap where others sowed, but to live a life worth living, I must sow what is mine to sow, and to live best, I must sow with no thought of reaping.

I have always loved the little saint who, when God said, "You can have anything you ask," replied, "When my shadow falls behind me, let whatever it falls on be blessed." What a blessed way of life - to give what is yours to give, not for worldly gain, not even to take private pride in the good you have done, but because it is yours to give. To sing not because others may applaud, but because you are a singer; to work not because you will be paid for

your work, but because you are a worker; to sow not that you may reap, but because you have seed to sow - this is the human being living at his highest pitch of creativity. Civilization is here only because so many Johnny Appleseeds of mind and spirit have wandered across the wilderness of this earth and of our hearts, planting there their apple trees of truth and beauty, apple trees they will never eat the fruit of.

To give, to give as fully and freely as we can, not so that we will be blessed but so that life will be blessed, should this not be our highest aim?

Does not the universe set this example? Nothing in it reaps what it sows; everything gives what it has to give.

The universe does not say, "Dance and you must pay the piper," but "Dance the dance you have in you to dance!" You only pay the piper when you dance his dance, not yours. And the universe dances to no dismal one-note tune. Its music is a medley of melodies, different but in harmony, where even the dissonances, if they are your note, merge into the magnificat of life. There is a law of sowing and reaping. But it lies on the world not like a judgment, but a promise. It is the law of creativity. And it says, Sow and you shall reap. But you shall sow what is yours to sow, that you may reap what is life's to give. For the seed is in your hand, but the harvest is in life's hand.

Sow a thought, and reap a revelation. Sow a hope, and reap a miracle. Sow a dream, and reap a new life for yourself and perhaps for all the world.

For the world is not a countinghouse but a garden. And God is not the keeper of accounts, but the creative spirit of life bringing forth out of its own infinite will-to-grow its ever-renewing,

ever-multiplying, ever-proliferating bounty.

James Dillet Freeman 1912 - 2003

James Dillet Freeman served Unity School of Christianity as a teacher, writer and speaker. His poetry appeared regularly in *Daily Word*, Unity's daily devotional magazine and he wrote a monthly article called "Life is a Wonder" for *Unity Magazine*, a metaphysical journal, and became director of Unity's ministerial training program. He was also an internationally acclaimed poet, author, and lecturer.

Called the "Poet Laureate to the Moon" or "a modern day Ralph Waldo Emerson," James Dillet Freeman was one of the most popular Unity writers of recent times. His poetry has been read by hundreds of millions of people all over the globe. He had his work taken to the moon twice, a distinction he shares with no other author. His 1941 *Prayer for Protection* was taken aboard Apollo 11 in July 1969 by Lunar Module pilot Edwin E. Aldrin, Jr. Aldrin had the poem with him when he made his historic moonwalk! Two years later, Jim's 1947 poem *I Am There* went to the moon with Colonel James B. Irwin on Apollo 15. Irwin left a moon.

Born in Wilmington, Delaware, in 1912, James Dillet Freeman was of Cherokee, Choctaw. English and Irish descent. He identified himself with his Native American culture. He saw the beliefs of Native Americans to be very similar to metaphysical Christian denominations such as

Kansas City with his family when he was ten years old. He attended Kansas City public schools and the University of Missouri, where he was graduated with honors in 1932. He began writing verse and by the time he finished college, his poems had been published in national

publications.

While still in college, Freeman was given summer work in 1929 at Unity School by invitation of Unity's co-founder, Myrtle Fillmore. After a year of post-graduate work at the University, he joined the Unity staff on a permanent basis in 1933, serving in the School's prayer ministry as a letter writer.

As the need for trained Unity ministers developed, Freeman was led in 1946 to organize a training program, which has now become the Unity School for Religious Studies. He served as director of Unity's ministerial training program for twenty years. He was responsible for guiding and training hundreds of Unity ministers now serving Unity churches around the world. In speaking to the question "What does it mean to be a minister?" he said: "It means to be God-centered and Human-hearted; to involve yourself in man's humanity and to keep your vision on man's divinity..."

Freeman retired in 1984 from his position as a member of the board of trustees and first vice president of Unity School, which he served for more than fifty years. For thirteen years he served as director of Silent Unity, the worldwide prayer ministry of Unity School that responds to more than three million persons annually. In 1984 he resigned that directorship in order to devote more time to writing and speaking on behalf of the Unity branch of the New Thought movement.

As a poet and author, Freeman inspired millions. The universal appeal of his work prompted translations in thirteen languages; one book of his poems, *What God Is Like*, has been translated into Japanese and published in Japan. His work has been published in *The New Yorker*, *Saturday Review*, *Scientific Monthly*, *Christian Herald*, *Good Housekeeping*, *McCall's*, *The New York Times*, *Reader's Digest*, and numerous Unity publications.

Lincoln's Wisdom

Abraham Lincoln gave his second Inaugural Address on March 4, 1865, as the Civil War was raging. He said, "Fondly do we hope — fervently do we pray — that this mighty scourge of war may speedily pass away."

Lincoln's next paragraph is especially appropriate for Veterans Day:

"With malice toward none; with charity for all; with firmness in the right, as God gives us to see the right, let us strive on to finish the work we are in; to bind up the nation's wounds; to care for him who shall have borne the battle, and for his widow and his orphan — to do all which may achieve and cherish a just and lasting peace, among ourselves, and with all nations."

When President Lincoln finished his classic oration, he reportedly kissed the Bible and left the platform. He was assassinated the next month.

Thank God for Good Music

Beautiful music is the art of the prophets that can calm the agitations of the soul," said Martin Luther. Of course, he never heard intense rap or loud rock 'n' roll!

Still, the great reformer of the faith was correct. What other art can so quickly soothe us and bring us inner peace?

Bernard Berenson put it this way: "On the wings of music we soar above and beyond nature, farther than any other vehicle can carry us."

King Saul often became depressed and inwardly tormented. Some of his servants thought he could find relief by listening to music. The king heard about Jesse's son David, who skillfully played a lute (some translations



read "harp"). Saul sent for David and heard him play. Saul was so helped by the music that he asked David to join his court.

Thus we read in 1 Samuel 16:23, "Whenever the evil spirit... came upon Saul, David took the lyre and played it with his hand, and Saul would ... feel better" (NRSV).

Count your blessings

Count your blessings instead of your crosses; Count your gains instead of your losses. Count your joys instead of your woes; Count your friends instead of your foes. Count your smiles instead of your tears; Count your courage instead of your fears. Count your full years instead of your lean; Count your kind deeds instead of your mean. Count your health instead of your wealth; Count on God instead of yourself

Keep Ringing the Bell

The College of William and Mary in Williamsburg, Virginia, is one of America's oldest colleges. A little-known fact is that this honored institution was closed in 1881 due to the Civil War and a lack of finances. It remained closed for seven years.

Yet its president, Benjamin Ewell, never lost hope for the school. In anticipation of the day when the college would re-open and fill with students, he rang its bell every day of those seven years.

Christians can maintain this type of persistent hope, too, no matter how bleak our situations look. As St. Paul writes, we "boast in our hope," which "does not disappoint us" (see Romans 5:2-5).

"Quotable Quotes"

Silent gratitude isn't much use to anyone. -G.B. Stern

God gave you a gift of 86,400 seconds today. Have you used one to say "thank you?"

-William A. Ward

No one is as capable of gratitude as one who has emerged from the kingdom of night. -Elie Wiesel

Gratitude is a vaccine, an antitoxin, and an antiseptic. -John Henry Jowett

Feeling grateful or appreciative of someone or something in your life actually attracts more of the things that you appreciate and value into your life. -Christiane Northrup

Appreciation can make a day, even change a life. Your willingness to put it into words is all that is necessary. -Margaret Cousins

Develop an attitude of gratitude, and give thanks for everything that happens to you, knowing that every step forward is a step toward achieving something bigger and better than your current situation. -Brian Tracy

The hardest arithmetic to master is that which counts our blessings. -Eric Hoffer

Feeling gratitude and not expressing it is like wrapping a present and not giving it.

-William Arthur Ward

Saying thank you is more than good manners. It is good spirituality. -Alfred Painter

Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God.

-The Bible Phil 4:6 NKJV

The Seed and the Harvest

By James Dillet Freeman

When I was a small child, I thought of God as a gigantic figure, bearded and stern, lurking up in the sky somewhere, peeping down from behind a cloud, to check on what I was doing. He had a huge black book in His hand in which He kept a careful tally of all my misdeeds, which to my small boy mind were numerous. There are many people in the world, I imagine, who have such a notion of God, perhaps not quite so childish but unpleasantly similar.

We often speak of the law of sowing and reaping as if it were one of the incontrovertible laws that control the universe. It hangs over many human beings like a dark cloud, turning this world and the next into an eternal prison house, where a divine Mikado makes the punishment fit the crime.

But God is not a heavenly bookkeeper. This is a just world, and we are accountable; but there is much more to the world than keeping accounts or weighing a life in the balance.

The law of sowing and reaping is at best a part truth.

I am a gardener. As a gardener I have learned several great truths about sowing and reaping.

The first of these is that we never reap what we sow.

Early in spring, usually around the first of March, I go out to the garden plot I have prepared, and I take with me a handful of small round hard brown pellets about half the size of SB's. These are almost always the first thing I sow in spring. I draw a furrow, drop the little pellets into the fur-

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But I do not exoect to reao small

round hard brown pellets half the size of BB's, though once in a while that is about all I get. What I expect to reap is something entirely different. I expect to reap fat round red radishes, juicy and crisp when I bite into them. And this is what I do reap - not hard brown pellets, but fat red radishes. I do not reap what I sowed, but something deliciously different.

I take a handful of fine dust and I sprinkle it across the earth. That fine dust is what I sow. But I reap not a sprinkle of dust, but a whole summer of beautiful red petunias, months of bloom. That is what I reap.

No matter what I sow in my garden, not once do I reap what I sowed, but always something so different that if I did not know it grew from what I had sown, I could not imagine a connection. Neither lettuce nor lily looks like its seed.

Not only in a garden is it true that we do not reap what we sow, but it is true in every area of life.

We sow a thought, and we reap not a thought, but a poem. I trust continually that this will be true in my work for DAILY WORD, and so does the editor. Or we may reap a story, or a book, or an invention. Some men have sown a thought, and reaped millions of dollars.

We sow a prayer and we reap not a prayer but health, not a prayer but supply, not a prayer but freedom, not a prayer but new directions. How often I have seen this in Silent Unity.

We sow a dream, and we may reap a whole new world. From a dream, some human beings have reaped a new way of life for the whole human race. Perhaps you who read this have sown a dream or a prayer or a thought, and you can testify what may be harvested from such a seed.

When life gives you seed to sow, of this I am sure, the one thing it does not expect back from you is the seed it gave you to sow.

The Bible makes this plain. Jesus tells of a master going on a journey who calls his servants to him, entrusts to one five talents, to another two talents, and to the third, one talent. On his return, he demands a reckoning. The first servant gives him back not five talents, but ten. The second gives him back not two, but four. The master praises them. "Well done, good and faithful servants To everyone who has will more be given." But the third servant had merely buried his talent in the earth. When he digs it up and gives it back, the master snatches it from him. and gives it to the first servant. He throws the third servant out of doors, crying, "You wicked and slothful servant!" so that even the little he had was taken from him.

God gives us much for our little, but He expects much from us, too. God is the great creative force of love. That force of love **sows its seed all over the** universe, and has sown its seed since the beginning of time. That is why we are here, all of us.

Love sows its seed, and expects them not just to reproduce, but to proliferate and become all the infinite variety of living forms. Love and life never expect to reap what they sow, but always something more, even something that will beget yet more again.

This is the first great truth about sowing and reaping.

The second truth that I have ^{CT}learned from my o'arden is this.' In this world, if we sow a radish seed, we usually get a radish, but also we get weeds.

This is not only a flowery world; it is also a weedy world. Someone has said, "If you want to be a gardener, it is not enough

November 2008 First Unity Church-
4753 Butler Hill Road-Phone 845-8540

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Choir Rehearsal 9:00 AM Bell Choir Rehearsal 10:30 AM
2 Sunday Service 9-1S&11.-OOAM	3	4 Stop, Think, Start! Class 10:00 AM OA group 1:00 PM	0 AA Men 's group 10:00 AM A New Earth Class 7:00 PM CA group 7:00 PM	6	7	8 Choir Rehearsal 9:00 AM Bell Choir Rehearsal 10:30 AM
9 Sunday Service 9: 15 & 11:00 AM	10	11 Stop, Think, Stan! Class 10:00 AM OA group 1:00 PM VETERANS DAY!	12 IZAAMen's group 10:00 AM A New Earth Class 7:00 PM CA group 7:00 PM	13 Board Meeting 7:30 PM	14	15 Choir Rehearsal 9:00 AM Bell Choir Rehearsal 10:30 AM
16 Sunday Service 9:15 & 11:00 AM	17 Ladies Night Out 5:30PM Fletcher's 384 Crestwood Plaza	18 Stop, Think, Start! Class 10:00 AM OA group 1:00 PM	19 AA Men's group 10:00 AM A New Earth Class 7:00 PM CA group 7:00 PM	20	21	22 Choir Rehearsal 9:00 AM Bell Choir Rehearsal 10: 30 AM
23 Sunday Service 9:15 & 11:00 AM New Members Sunday both services	24	25 Stop, Think, Start! Class 10:00 AM OA group 1:00 PM	26 2UAA Men's Group 10:00 AM CA group 7:00 PM ALL-UNITY Thanksgiving Service 7:00 PM	27	28	29 choir Rehearsal 9:00 AM Bell Choir Rehearsal 10:30 AM Christmas Decorat- ing 10:00 AM
30 Sunday Service 9:15 & 11 MAM						

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

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newsletter, check this box and mark
return to sender, or call the church office.

A Little Humor

The real art of conversation is not only to say the right thing at the right time, but also to leave unsaid the wrong thing at the tempting moment.

Long ago when men cursed and beat the ground with sticks, it was called witchcraft. Today, it's called golf.

Did you ever notice: When you put the 2 words "The" and "IRS" together it spells "Theirs."

The easiest way to find something lost around the house is to buy a replacement.

He who hesitates is probably right.

The sole purpose of a child's middle name is so he can tell when he's really in trouble.

The older you get, the tougher it is to lose weight, because by then your body and your fat have gotten to be really good friends.

Did you ever notice: The Roman Numerals for forty (40) are 'XL.'

There's always a lot to be thankful for if you take time to look for it. For example, I am sitting here thinking how nice it is that wrinkles don't hurt.

The older we get, the fewer things seem worth waiting in line for.

Some people try to turn back their odometers. Not me, I want people to know 'why' I look this way. I've traveled a long way and some of the roads weren't paved.

When you are dissatisfied and would like to go back to youth, think of Algebra.

You know you are getting old when everything either dries up or leaks.

Ah, being young is beautiful, but being old is comfortable.

—Thanks, James Petrovic