

Wings



FIRST UNITY CHURCH – *Serving the spiritual needs of the St. Louis community for over ninety years.*

The Newsletter of
First Unity Church
Of Saint Louis

August 2014

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

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Jesus: the Man/the
Christ
By Randolph
Schmelig

Listen, Beloved

By Martha Smock

Listen, beloved, to what you are –
You are wonderfully and intricately made.
Your body, which you may take for granted,
or may despair of because of its aches and
pains and failings, is a holy creation; it is the
temple of the living God. Its
trillions of atoms and cells
are composed of life itself.
You are alive with the life
of God. If you need healing,
the capacity for healing is
there, right within you. God,
who created you, dwells
within you. He is always
present to heal.

You are the very life of God
in expression. You are one with eternal,
unending life. You were created perfect; you
are meant for perfection. You are a Jiving
miracle!

Listen, beloved, to what you are –
You are a child of God. You are the Christ of
God in expression in the world. In your
Christ self you are triumphant, victorious,
free. Nothing can hurt you, upset you, or
make you afraid. As God's child, as the
Christ of God that you are, you rise up out of
any limitation; you are not downed by any
circumstance. You are not defeated by
setbacks or failures. You have the infinite
capacity to hold fast, to persevere, to refuse
to be discouraged or disheartened.

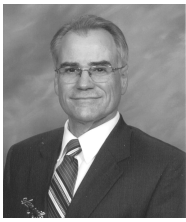
In all of life's experiences, you feel the
strong, loving support of God's presence.
You know that you are not alone, that you do
not have to meet anything alone. God is with
you. In times of great joy, God is there. In
times when you doubt yourself,
God is there. In times when you
feel rejected or unworthy, God is
there. As you listen to the inner
voice, your heart hears only
assurances of love. God says in
your secret heart: "You are my
child. I love you. I have faith in
you." The discouragement, the
bitterness, the feeling of despair,
the tears - all give way, all are as
nothing.



God loves you. He sees you as His spiritual
creation. He sees what you are and what you
are becoming.

Listen, beloved, to what you are –
You are wonderful, remarkable, lovable,
unique! You are a spiritual being, now and
forever. You are needed and important. You
have depths you have never plumbed, heights
you have never soared. You have greatness
of spirit. You have inner strength and power.
You have a glorious capacity for living and
loving and giving.

Listen, beloved, to what you are. It is the
truth about you!



Rev. Randy Schmelig
Minister

ASSISTANT MINISTER
Jan Mourning

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Deb Fry
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Glenda Gebhardt
Cindy Gibbs

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The **bell choir** is accepting new members in the fall. We are looking for 2 people who can read music. Rehearsals are every Saturday morning for 1 hour at 10:30 a.m. from mid-August thru mid-May. If anyone knows of someone who is interested I can be contacted at ahartupee1201@att.net or 636-575-0795. There is a special group of people waiting to welcome these new members. They are guaranteed a good time and the opportunity to do something unique with their musical talent.

This month the **Ladies' Night Out Group** will meet Monday, August 18th at McGurk's, 1200 Russell Ave. For more information call Mary Tumminello – Home: 314-843-1807 Cell: 314-814-4530.



August 12: Modoc: The True Story of the Greatest Elephant that Ever Lived by Ralph Helfer
(Word of advice... this book is not available through the St. Louis County Library system. You can buy it on Amazon for \$4.00, including postage.)
September 9: The Giver by Lois Lowry
October 14: The Shoemaker's Wife by Adriana Trigiani
November 11: Wheels by Arthur Hailey

Here are the dates for the **First Unity Prayer Chaplain Meetings**. We meet at 7:00 p.m. August 11, September 8, and October 13

Laughter Yoga with Jodi

Simple Stretching, Breathing and Guided Meditation! Join in for a Positive Spiritual Experience! We meet on Thursdays, 4:00 - 5:00 PM, in Fellowship Hall.

Feed My People is sponsoring a FREEDOM FROM HUNGER FOOD



DRIVE. Because donations drop off greatly in the summer, supply has not been meeting demands. Your generosity is very much appreciated, especially at this time of year. Thank you for your support and lending a helping hand.

www.feed-my-people.org



Steve Davis & the Memories of Elvis is an electrifying two-hour concert experience.

When: Sept. 6th at 7:00 PM

Where: First Unity Church

Address: 4753 Butler Hill Rd.

Patsy, Buddy and Elvis with the Mid-South Revival Band

Doors open at 6 pm and Show at 7 pm

Tickets: \$20.00 per person

For tickets call the church at 314-845-8540 or email at www.firstunitychurchstlouis.org.

Tickets also available in church lobby on

Wednesday evening from 6 pm to 8 pm

Refreshments will be available for purchase during intermission in Fellowship Hall.



WORLD DAY OF PRAYER

Join us on Thursday, September 11 to participate in Unity World Day of Prayer. Our sanctuary will be open all day for prayer and meditation, and our Prayer Chaplains will be holding a prayer vigil. Participants can engage in silent prayer and meditation, submit prayer requests in writing, and/or pray with a First Unity Prayer Chaplain. *We are the light of the world; let your light shine* on September 11, 2014.

Prayer Changes You

By James Dillet Freeman

Prayer may bring you the fulfillment of your highest hopes and fondest dreams, but whether or not it does, prayer is valuable, not for the things it may bring you, but for the fact that you are praying. Prayer is valuable, not because it alters the circumstances and conditions of your life, but because it alters you. To pray is to feel your mind calming, your body relaxing, your spirit lightening, your heart lifting.



August Affirmations

Inner Peace: Drawing from the stillness within, I am at peace.

Guidance: Spirit guides

me in the right way.

Healing: Wholeness is my true nature.

Prosperity: I live in a field of unlimited potential.

World Peace: I emanate peace to all the world.

T.H.I.N.K.

British evangelist Alan Redpath suggested these five helpful questions to ask yourself before you speak:

- T — Is it True?
- H — Is it Helpful?
- I — Is it Inspiring?
- N — Is it Necessary?
- K — Is it Kind?



Learning Timelessness

We tend to think of our lives in terms of past, present and future. Therefore, we easily become time-bound, living under the restrictions of clocks, calendars and seasons.

The concern of the truly spiritual person, however, is the “now” — that suspension of the flow of hours, days and years. God, who isn’t time-bound, breaks in upon our lives, and we sense, however distantly, the eternal. And we’re refreshed, healed and lifted up.

The experience of the eternal may happen any time, even amid distraction. But the witness of the mystics is that it most frequently occurs in the time of quiet abandonment in prayer. As we grow spiritually, we become less time-bound and discover that the God of grace isn’t limited to the passage of the hours, days and years.

Eddie Rickenbacker’s Wisest Advice

Reading just a brief summary of American hero Eddie Rickenbacker’s life leaves one in awe: race car driver at 16, the leading American pilot in World War I, airline president, advisor to the Air Force in World War II, orator, author and more.

Eddie lived between 1890 and 1973, but was stalked by death more than once in those years. The most dramatic example occurred when he was sent by the government to inspect and make

recommendations regarding Air Force personnel and bases in the Pacific theater during World War II.

His plane accidentally went off course, ran out of fuel and crashed into the Pacific. He and six other men floated in a raft for 24 days. Food was gone after three days. How they survived is recorded in his book *Seven Came Through*. One fascinating event was when a sea gull landed on Rickenbacker’s head. Eddie slowly reached up and caught it. The bird became dinner and fishing bait.

A statement he often made to those who were discouraged, especially to hospitalized veterans, is worth heeding. Having experienced the power and goodness of God personally, he would say, “If you haven’t had an experience of God in your life, you get yourself one mighty quick.”

The Power of Appreciation

Motivational speaker and author Dale Carnegie once told of a woman who worked with some church friends on a self-improvement program. After one meeting, she went home and asked her husband how she could be a better person, particularly as a wife.

The husband told her he’d think about it and provide an answer the next day. While pondering his wife’s request, the man realized he could offer a few suggestions. But he also could think of a thousand self-improvement ideas for himself.



The next morning, the man ordered some roses. He had them sent to his wife with an uplifting note that read, “I love you just the way you are.” After that, the couple’s personal shortcomings seemed quite small in the face of their steadfast love for one another.

Quotable Quotes

Faith is to believe what we do not see; the reward of this faith is to see what we believe.

-St. Augustine

The two most important days in your life are the day you are born and the day you find out why.

-Mark Twain

In the stillness, you will find your true being. In the silence you will hear the breathing of your soul.

-Neal Donald Walsch

No act of kindness, no matter how small, is ever wasted.

-Aesop

People see God every day; they just don’t recognize him.

-Pearl Bailey

God is at home; it’s we who have gone out for a walk.

-Meister Eckhart

You can’t assume that kindness is an inherited trait. It is learned behavior.

-Katie Couric

When you arise in the morning, think of what a privilege it is to be alive - to breathe, to think, to enjoy, to love.

-Marcus Aurelius

Hope is always available to us. When we feel defeated, we need only take a deep breath and say yes, and hope will reappear.

-Monroe Forester

To see a world in a grain of sand, and a heaven in a wild flower, hold Infinity in the palm of your hand, and eternity in an hour.

-William Blake

In summer, the song sings itself.

-William Carlos Williams

Jesus the Man the Christ

By Randolph Schmelig

Chapter VIII

"I Have Overcome the World"

To overcome the world has been man's constant desire and struggle since he made his debut on this earth. He fought to overcome lack and limitation at every turn of the path. He survived individually and collectively through his overcoming of myriad forms of barriers. This continual process may have been concentrated on the basic things at first--staving off hunger, keeping warm, protecting oneself and family from predatory animals. And if we choose to, we can live on this kind of a level right now, not looking any further than our immediate physical needs.

Yet our way of life in the world today fairly demands our attention on other levels as well. We imagine that it was for the purpose of more capably overcoming his basic physical needs that man began to band together to form tribal groups, then gradually larger and more complex social units. Although perhaps more insulated individually against the ills of hunger and the weather, man created for himself new needs for overcoming. Instead of transcending the need to overcome, we created different, yet perhaps equally urgent new needs to overcome. As man has become more sophisticated, the elements of his world that demand facing, coping with, and overcoming have also become more sophisticated. Instead of needing to overcome just the dangers of hunger and exposure to weather and outer enemies, we have had to widen our focus to the overcoming of more subtle dangers of prejudice, fear, injustice, selfishness, tyranny. And certainly we can let ourselves become so engulfed in our need for social and political freedom that we do not seek

the even greater need that awaits our recognition.

How we comprehend the concept of "overcoming the world" depends on how we comprehend the world. It may be that the world for us is the whole of physical nature-- that of the outer material universe and of our personal body and physical being as well. This world can seem oppressive; it appears to enslave us at times, and we want to be free of all of its limitations, to overcome it. We want to master it once and for all.

We can conceive of the world as a scene of constant cultural and political change. The continual setting up and bringing down of governments and leaders is all part of it. Fashion, art, trends in education, economy, science, beliefs, are all part of it. There is so much to understand, so much limitation to overcome, so much to master both inside and outside of ourselves in this world.

We may come to see the world as all of these things--all appearances, both physical and mental; all that changes, all that we have become attached to, whether painful or pleasant; all that we seek to be free of, to master lovingly and spiritually; all that we seek to overcome.

The inner urging to overcome the world in a spiritual, all-pervasive sense may surface as the desire to overcome material limitations, or it may come to light in our awareness as the desire to overcome governmental or ideological limitations. Our eternal cry is "Liberty!" --whether it be liberty from hunger or from some kind of despotism. We need to come to the place in our consciousness where we can perceive all desire to overcome the world as spiritual longing. It is not just a negative reaction to outer limitations of any kind that keeps us seeking true overcoming. Rather, it is the innate longing toward the kingdom Jesus promised. This is overcoming that means far more than the

fulfillment of physical wants or the political or social reforms needed in the world. This is truly a "coming over" to the infinitely freeing realization of eternal and absolute Truth.

Although mankind has struggled unceasingly, throughout time there have been certain individuals who have been victorious. They have found the liberty that is the basis of all desire for overcoming. These men and women overcame in the ultimate sense of the word; instead of taking part in the struggle against appearance, they transcended the struggle. Instead of contending with the outer manifestations of bondage, they went directly to the inner causes and found the spiritual principle of liberty that underlies all--the spiritual principle which is the one food that satisfies all desire to overcome. They realized that the world is but the outer image of inner workings, the finite and limited reflection of infinite and unlimited ideas.

This comprehensive overcoming of the world goes beyond even the most pressing needs for freedom, for mastery in the relative sense. How encouraging it is to know that there have been individuals on this earth scene who made this great overcoming! There are individuals among us now who have made it. Perhaps you will be one of them!

Jesus Christ has told us in a way so direct that we cannot doubt His spiritual authority, "I have overcome the world." Instead of combating the pitfalls of life and opposing negative appearances, He overcame the world; He transcended appearances. In the face of apparent death, He retained life. In the face of apparent illness, He manifested healing. In the face of apparent lack, He fed the multitudes. In the face of apparent political oppression, He revealed a kingdom not made by man--a kingdom where liberty is the rule. Jesus knew what the saints and sages of all time have known: that

there is a reality beyond all appearances. There is a higher, fuller abundance that frees us from all lack. There is a greater freedom that cannot be taken away. The lack and limitation of the world fall away from us as shadows and illusions of the past when we make this overcoming.

Though in the world, in the human condition, in the body, Jesus Christ demonstrated His spiritual nature fully. He expressed the divine Sonship that is the Truth of our being. His ministry of loving example is living proof that we also can make the overcoming of all that the world seems to be. We can almost see His confident and loving look, feel His hand upon our shoulder, and hear His clear, strong voice saying to us now, "Yes, you too are the Son-you too will overcome the world."

Jesus consciously dwelt in our Father's house, while we-like the prodigal son-have somehow come to believe ourself to be separate from our Father and our divine inheritance. If we wish to return to our Father in consciousness and regain our inheritance, we must discover what made Jesus different from us. The difference was not a matter of race or creed, for His Truth was heard and accepted by the woman at the well, a Samaritan; and the centurion's servant was healed through His message. The distinction between Jesus and ourself is a very subtle one. What really distinguishes one person from any other is not the way he looks or how well educated he may be. The difference is in the way he thinks and acts; it is a difference in consciousness.

Jesus was conscious of His oneness with the Father; His thoughts and actions were those of a Son of God. His oneness with the Father was established in His consciousness, just as our separation from the Father has been accepted into our consciousness. The prodigal son's father did not cease to exist because of his son's absence, but he

did cease to exist in his son's mind for a time. We forget about our own heavenly Father just as the son in the parable forgot about his father temporarily-we are tempted by what appears to be more real in our experience.

We are deceived by appearances, and we make a mistake in judgment. Like any other mistake, our separation from God is the product of simple ignorance or forgetfulness, not of evil intent. The prodigal son had no malice in his heart when he left home; he was only seeking what seemed to be a better life. And when he came to himself, he overcame his temptation, his ignorance, his forgetfulness, and he returned home to be welcomed lovingly by his father. We too can overcome this kind of temptation, or ignorance, or forgetfulness. We can regain the consciousness of what we really are and "come over" our sense of separation from our Father-God. Jesus Christ underwent the experience of temptation -the confrontation with ignorance or forgetfulness of the all-loving, everywhere-present abundance of the Father. And through His demonstration of overcoming in this experience, we can find the way to our own freedom.

Immediately after the baptism, Jesus went off to be alone for some time. This act seemed to come from an inner urging, a deep understanding that the "rebirth" experience of baptism necessarily involves an intensive overcoming that each must enter into completely on his own. We sense that His entering into the wilderness alone was not induced by reasoning, but that it was a spiritual necessity: Matthew tells us that Jesus was "led up by the Spirit into the wilderness" (Matthew 4:1). We are also told that Jesus fasted during this time. We perceive that His fasting was integral in this period of preparation for the spiritual activity of His ministry.

The temptation experience in the wilderness, and the evening at

Gethsemane, were unique in that both events took place at times when He was alone. There was no observer or reporter with Jesus in the wilderness, so we may assume that He recounted the experience Himself. It is impossible to know whether He meant it as a factual account, or an illustration like the parables-an illustration of a process we also undergo upon entering actively into the spiritual life. What is really important is that through this incident, Jesus teaches us how we can meet temptation, and how we can overcome in our own life. It cannot be that Jesus, Son of the living God-the same Jesus who so masterfully and swiftly dealt with apparent illness and lack and even death- was bound by the same so-called "human" weaknesses and failings that we believe ourself to be bound by. Yet it was very much in character for Jesus, the loving Teacher, to offer us such personal and compelling guidance on the path to enlightenment.

Jesus illustrated something that we have all experienced again and again in life. He went off by Himself just as we have done, either in fact or in our thinking, when we have sought some inner direction. The experience of temptation seems always to arise at such times of uncertainty. It seems to confront us when we are in the "wilderness" of life.

After He had been alone for some time, the "tempter" came to Jesus. Elsewhere in this narrative in the Revised Standard Version, the word devil is substituted for the word tempter, as though the two terms are synonyms. We usually take this passage as an indication that some master of evil, some malevolent being or personage, visited Jesus in the wilderness. We could consider this as proof of the existence of a being called the "devil," an entity of great destructive force. Or we may follow the more subtle meanings in the illustration and reach an alternate understanding.

The separation that occurred between the prodigal son and his father was not precipitated by the presence of an outside agitator; it was the product of limited thinking on the part of the son. This "tempter," therefore, could be part of us. That is, "the devil" could be a symbolic term for an attitude, and inner process that goes on in the thinking of each of us. When we make a mistake in judgment, we often try to rationalize it by trying to put the blame on others. We attempt to shift the burden of responsibility for the error to some outside force. But the responsibility is really our own, for we are the thinking, choosing, evolving agent in our world.

Ultimately, it does not matter whether there seems to be an outer "tempter" in our experience or whether this "devil" is really a way of describing something that is happening in our own thinking and feeling. Man's feeling of separation from God is not the result of being tempted-Jesus demonstrated a sense of oneness with the all-wise, all-loving Father regardless of the temptation experience. Our sense of separation comes when we believe ourself to be overcome, and forget that we are an eternal, spiritual being, with an irrepressible capacity to overcome any negative appearance.

In studying how Jesus responded to the three temptations that He met in the wilderness, we can learn how to deal with our own times of temptation. These times may come every now and then in our lifetime-at some periods of our unfoldment, temptations may even seem to come by the hundreds each day. The important thing to remember is that however they come - in whatever guise, or however powerful and persuasive they seem - we can meet them victoriously.

After Jesus fasted, He was hungry, and the suggestion came into His mind, "If you are the Son of God, command these stones to become loaves of bread" (Matthew

4:3). Jesus' answer was, "It is written, 'Man shall not live by bread alone, but by every word that proceeds from the mouth of God'" (Matthew 4:4). It seems that the temptation follows close upon a physical want, yet Jesus answers it as if to say firmly and clearly that His interest is in spiritual satisfaction. In fact, every time the temptation revolves around some physical or material desire, and every time the Master points up higher to the spiritual portent. He seems to be saying that whatever desires we may experience on the physical plane, they can be lifted up higher, judged by spiritual criteria. His answers seem to indicate that underlying the common, natural needs of everyday is the eternal spiritual urging toward ultimate fulfillment. That is, if we experience hunger, we can see that behind all biophysical hunger there is the hunger to know God. Behind our interest in safety and power in life lies the indwelling Source of all peace, protection, and power. Whatever temptation we may experience, we need to see through that tendency of mind toward the innate longing for the abundance of infinite blessedness.

We may wonder how, with such wisdom, Jesus could have been tempted by this first suggestion. In reading the accounts of Jesus' ministry, our attention is drawn to the many miraculous signs and wonders that He performed. He healed the sick, calmed the seas, and fed the multitudes. There are dozens of wonders recorded in the gospels that seem to surpass the miracle of merely turning stones into bread. Yet the important question emphasized by this particular temptation is not really whether or not Jesus *could* perform this miracle, but whether or not He *should*. And in meeting this temptation, Jesus did not rule out such an act; He simply said that man shall not live by bread *alone*.

The question put to Jesus is complex. To transform a stone into a loaf of bread may seem impossible to

our thinking, but to Jesus the Christ, the apparently impossible was possible. Jesus exercised great spiritual powers, and the real question that came to Him at this time was whether or not He should use these powers for His own personal gain, to satisfy His own personal, immediate needs. All of His miracles met some human need, but they were always done for others, to illustrate some aspect of Truth. We might consider how we would answer this same temptation for ourself. For as we move into the spiritual life, we put ourself in touch with the ultimate Source of power in the universe. How shall we use these powers? More important, we might ask ourself if we are seeking the spiritual life just so we can gain mastery over the outer things in our world. Would we use spiritual powers to satisfy our private wants on a physical or mental level?

Jesus answers this question for us. He tells us that "man shall not live by bread alone, but by every word that proceeds from the mouth of God" (Matthew 4:4). We are told that Jesus hungered, but the hunger that led Him into the wilderness in the first place was a hunger for inner nourishment. This is the hunger we have surely felt at one time or another in our life. It is the hunger for an understanding of what we are and where we are going. We can keep ourself preoccupied with physical needs and desires only to a point. Sooner or later in our unfoldment, we must realize that outer conditions cannot satisfy us ultimately. We have an inherent appetite for infinite wisdom, a hunger for the wholeness of Spirit.

-Continued in September

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3 Sunday Services 10:30 AM Youth Services 10:30 AM	4	5	6 AA Men's Group 10AM CA 7PM	7 Yoga Class 4-5 PM	8	9
10 Sunday Services 10:30 AM Youth Services 10:30 AM	11	12 The Book Club Modoc: The True Story of the Greatest Elephant That Ever Lived. By Ralph Helfer 2-4 PM Bread Company	13 AA Men's Group 10AM CA 7PM	14 Yoga Class 4-5 PM	15	16
17 Sunday Services 10:30 AM Youth Services 10:30 AM August Potluck Birthday Party	18 Ladies Night Out at 5:30 PM at McGurk's 1200 Russell Ave. For directions call Mary 314-843-1807.	19	20 AA Men's Group 10AM CA 7PM	21 Yoga Class 4-5 PM	22	23
24 Sunday Services 10:30 AM Youth Services 10:30 AM	25	26	27 AA Men's Group 10AM CA 7PM	28 Yoga Class 4-5 PM	29	30
31 Sunday Services 10:30 AM Youth Services 10:30 AM						

August, 2014

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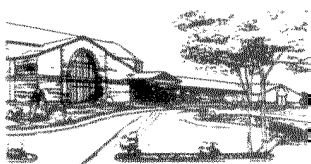
THE AUGUST 2014 NEWSLETTER OF
FIRST UNITY CHURCH OF ST. LOUIS

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The light side — A little holy humor

I've just opened a new restaurant called Karma. There's no menu, we just give you what you deserve.

I had a dream I was a muffler and I woke up exhausted.

Today I gave my dead batteries away....Free of charge.

Never give up on your dreams; keep sleeping.

I'm going to stand outside. So if anyone asks, I am outstanding.

I'm so bright my mother calls me son.

Silence is golden; duct tape is silver.

The past, present and future walk into a bar. It was tense.

I know some jokes about unemployment but they need some work.

I have never seen a fruit PUNCH and a cereal BOX.

If you think of a better fish pun, let minnow.

I tried to catch some fog earlier. I mist.

Change is hard. Have you ever tried to bend a coin?

2 Pacs of Eminems for 50 Cents?
Man that's Ludacris.
I can't believe I got fired from the

calendar factory. All I did was take a day off.

I hated my job as an origami teacher -- too much paperwork.

Man delivers load of bubble wrap. Where do you want this, he asks. Just pop it in the corner was the reply.

I moustache you a question, but I'll shave it for later.

A police recruit was asked during the exam, "What would you do if you had to arrest your own mother?"
He said, "Call for backup."