

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

July 2014

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

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Jesus: the Man/the
Christ
By Randolph
Schmelig

The Way of Attunement

By James Dillet Freeman

There is a way to get the power of God to do what we want it to do; to heal us when we need healing; to supply our needs when we feel lack; to comfort us when we are troubled; to bring us friends when we are lonely, joy for grief, and peace for pain; to light our path when we are lost and wander frightened in the dark.

It is the way that a rainbow is made after rain. It is the way that morning is made to follow night and spring is made to come after winter.

It is the way that a bare branch brings forth green leaves.

It is the way that the mist rises out of the sea, and the way that an ugly waterbug changes into a dragonfly.

Do you know this way?

It is the way of attunement.

It is the way of being one with the way of things.

At the core of being is a rhythm; when you place yourself in tune with this cosmic

rhythm, all things work together for you and you work in harmony with all things.

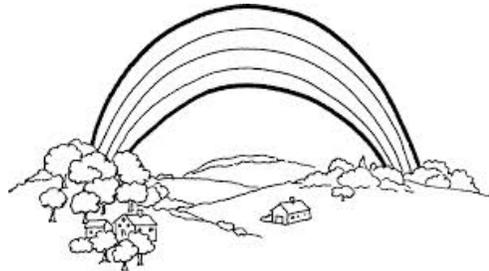
There is a way of things. That is all you can say of it.

But learn the way of things and follow the way – walk in the way, work in the way – and everything will go your way.

The universe is God's work. He made it very good. He made it to bring forth good. He

made it to move and grow, to unfold and expand. When you move with the universe, the universe moves with you – and through you and for you.

Then there is nothing you cannot do or be because all the forces of the universe – all the expanding energies of life – are focused in you and pour through you to come into expression.





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A New Tradition: If you were born in July, we want to have a pot luck birthday party for you here at First Unity on Sunday the 20th. The church will provide the cake. We plan to continue these birthday celebrations on the third Sunday of every month. This, of course, includes the children in Sunday school, as well as the adults. The opportunity to celebrate each one of you brings us great joy.



Bell Choir 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 10:30am 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.



Book Club: July 8: The Poisonwood Bible by Barbara Kingslover
August 12: Modoc: The True Story of the Greatest Elephant that Ever Lived by Ralph Helfer



This month the **Ladies' Night Out Group** will meet Monday, July 21st at Azteca, 34 Western Plaza off Old Gravois Road in Fenton. For more information call Mary Tumminello - Home: 314-843-1807 Cell: 314-814-4530.

Here are the dates for the **First Unity Prayer Chaplain Meetings**. We meet at 7:00 p.m. July 14, August 11, September 8, October 13



Praying with You

Laughter Yoga with Jodi
Simple Stretching, Breathing and Guided Meditation! Join in for a Positive Spiritual Experience! Thursdays 4:00 - 5:00 PM in Fellowship Hall.



Feed my people
Donations are often down for all food pantries during the

summer months, and with children home from school, there are more mouths to feed, so your gifts of food are especially appreciated at this time of year. There is a table for donations provided in the bookstore.
www.feed-my-people.org



July Affirmations

Inner Peace: The peace of God enfolds me. I am serene.

Guidance: True answers are revealed as I quiet my mind and open my heart.

Healing: I activate the healing power of Divine Love.

Prosperity: The spiritual ethers are filled with plenty. I am prosperous!

World Peace: One Love shines within us all.

Beginning Again By Frank B. Whitney

It matters not what may befall;
Beyond all else I hear the call
"You can begin again."

My courage rises when I hear
God's voice allay the thought of fear
And when He whispers gently, near,
"You can begin again."

When once quite all the world seemed
wrong,

Throughout its din I heard His song,
"You can begin again."

An inner joy within me stirred,
I treasured each assuring word,
My heart was lifted when I heard,
"You can begin again."

Begin again? Another chance?
Can even I make an advance?

"You can begin again."
Begin at once by taking heart
And knowing God—of you He's part!

New life to you He will impart!
"You can begin again."



Patriotic Trivia

As we celebrate America's birthday, it's interesting to note that clergymen wrote both the Pledge of Allegiance and the hymn "My Country 'Tis of Thee." Rev.



Francis Bellamy wrote the pledge in 1892. Rev. Samuel Francis Smith wrote the hymn in 1831. Both men were Baptist ministers.

The pledge was first used in public schools in 1892 during Columbus Day observances. "My Country 'Tis of Thee" was used as a national song before "The Star-Spangled Banner" was named America's national anthem in 1931.

"America the Beautiful"

Katharine Lee Bates (1859-1929) wrote, edited and taught English in her native Massachusetts. Occasionally, she wrote hymns, too.

On a trip to Colorado, Bates was greatly impressed by amber waves of grain, fruited plains and purple mountain majesties. She believed that God had definitely shed his grace all across this land. A visit to the summit of Pikes Peak inspired Bates to write her most famous poem-hymn, "America the Beautiful."

Bates also realized that patriotism was an important part of America. She was grateful for heroes "who more than self their country loved and mercy more than life." She wanted all Americans to realize how God had shed his grace on them and had crowned what was good "with brotherhood from sea to shining sea."

Bates embodied the spirit of thankfulness to God for all she had experienced and been given.

Declaration of interdependence

Let it be declared, announced and hereby celebrated ...

- That all people everywhere are dependent upon one another.
- That everyone needs everyone else

for freedom, life, love and happiness.

- That all things in the natural order are dependent upon everything else.
- That our little planet and all the planets and stars in the solar systems are in a state of mutual dependence upon one another.
- That this universally shared dependence comes from God and is of God.
- And that each individual part of this relationship has its own part to play — its own destiny to fulfill in God's plan.

The Bible

"Our Christian experience must agree with the Bible. We will be taught by the Bible and fed by the Bible. But we do not believe in Christ because He is in the Bible: We believe in the Bible because Christ is in us."

-Claxton Monro

What attracts people to church?

Why do people select a particular church? A



convenient location? Yes.
A good speaker in the pulpit? Yes.
Inspiring music? Yes.
An attractive building? Yes.

But a more essential element in attracting visitors, newcomers and prospective members is friendliness — both in the pew and throughout the community. Where there is a warm, dynamic congregation with an enthusiasm that's contagious, visitors will usually be found, and will return.

A church can buy many advantages with money, such as nice buildings, trained leadership, effective advertising and an abundance of supplies for spiritual and social use. But old-fashioned friendliness, of which the world is sorely in need, can't be purchased with money. It comes only from the hearts of dedicated people who love God and enjoy helping others feel at home in their church.

"Quotable Quotes"

To fly the American flag, then to cheat another citizen — or anyone else — is to make a mockery of patriotism. A true patriot will be a person of integrity and honesty, a quite trustworthy American."

-Charles Ferrell

Prayer is not a spare wheel that you pull out when in trouble; it is a steering wheel that directs us in the right path throughout life.

-Anonymous

There are two freedoms — the false, where a man is free to do what he likes; the true, where he is free to do what he ought.

-Charles Kingsley

Ah, summer, what power you have to make us suffer and like it.

-Russell Baker

Love is a fruit in season at all times, and within reach of every hand.

-Mother Teresa

Sometimes the most important thing in a whole day is the rest we take between two deep breaths.

-Etty Hillesum

The road of life twists and turns, and no two directions are the same. Yet our lessons come from the journey, not the destination.

-Don Williams Jr.

You'll never get ahead of anyone as long as you try to get even with him.

-Lou Holtz

The Declaration of Independence ... gave liberty not alone to the people of this country, but hope to all the world, for all future time.

-Abraham Lincoln

Faith is believing what you do not see; the reward of faith is to see what you believe.

-St. Augustine

JESUS THE MAN THE CHRIST

By Randolph Schmelig

Chapter VI (continued from June)

The Gethsemane Experience

If we examine our feelings closely here, we may wonder, "What is it that makes Him so real and close to me now?" If we look at Gethsemane in one way, we may say that it is because Jesus showed human doubt, human fear. Perhaps because of this we feel that we can empathize with Jesus. But Judas showed "human" tendencies, it seems-fear and regret even to the point of self-destruction in the end-and we do not particularly *feel with* him in the story. It may be that there is some degree of catharsis with Judas, some real pity and fear in our mind and heart for him. But we find it difficult to believe that we could have played his part in the story, or in life. Perhaps his part is too terrible for us to take upon ourselves, even in our imagination, whether we see Judas as an instrument, a pawn of divine outworking, or as the "evil betrayer." But we *do* feel with Jesus-perhaps *not* because of His so-called human frailty, but because of His great spiritual mastery! The power of the story is not in the recognition, "Ah, these human weaknesses, we have them, too," but rather in the freeing realization, "These spiritual qualities-we *have them, too!*"

The garden of Gethsemane is believed to have been located at the foot of the Mount of Olives near Jerusalem. The word *gethsemane* can be translated as "oil press," a place where olives were pressed to extract the oil. The garden is often thought of as the scene of Jesus' agony and betrayal. However, we sense that if this experience could rightly be called "agony," then it is a special kind of agony-an experience that eludes words. And if it was indeed "betrayal," then it is lacking the usual surprise and resentment that we may associate with betrayal. Somewhere between the "human" drama and pure mystical ritual, the real experience stands-still evading description.

The idea of Gethsemane being the location of a press used for the extraction of some precious essence can signal a breakthrough in our understanding of the activity that took place there. We can interpret what happened as the "pressing out" of the divine essence, the kind of struggle that takes place in us when we have a realization of Truth. This experience may seem to be agony, for old worn-out thoughts and limited private systems of philosophy that we have clung to must be dispelled or eliminated from our consciousness. We are purified through this experience.

Yet however we may understand this "agony," we have left something vital out if we do not incorporate into our understanding the realization that not only does the *work* take place here, but also the *reward-the* spiritual essence extracted. When we have comprehended both of these elements of the Gethsemane experience, we do not see Jesus emerging from the garden heartsore, defeated, with vision tear-blurred, submissive and trancelike as He is led away. The idea that this experience was a "pressing out" into manifestation of spiritual qualities brings Jesus out of the garden as victorious as He was when He entered Jerusalem.

He was victorious over more than the doubt and fear we might associate with the Gethsemane experience. He was also mightier than any earthly authority. The group that came to take Jesus and those who later tried Him represented the most powerful authorities of the time, yet even in their outer triumph, they could not match the power of the Christ.

Jesus was fully aware of the extent of this spiritual power. He said "Put your sword back into its place; for all who take the sword will perish by the sword. Do you think that I cannot appeal to my Father, and he will at once send me more than twelve legions of angels? But how then should the scriptures be fulfilled, that it must be so?" (Matthew 26:52-54). In a sense, any need for outer protection or show of force would negate the infinite power of the I AM-the Christ self, conscious of its own absolute spiritual power, Divine will expressing through Jesus Christ-

that is, the fulfillment of the scriptures in the manifest-is in activity now, and its force is inexorable.

If anything more is needed to help us to understand that Jesus was not submissive in the passive, hopeless sense we might have imagined in some traditional interpretations of the Gethsemane experience, then we can examine the words He spoke to the effect He had upon those who came to arrest Him in the garden. When the company of soldiers and officers of the priests and Pharisees came to Gethsemane to arrest Jesus, He, "knowing all that was to befall him, came forward and said to them, 'Whom do you seek?' " (John 18-4). It was Jesus who stepped forth first: His manner open and matter-of-fact. And when they replied, "Jesus of Nazareth," Jesus said to them, "I am he" (John 18:5). On the surface, this answer showed Jesus to be anything but fearful and evasive. He did not hesitate, but seems to have been ready to carry out the matter with dispatch.

Yet the real impact of His statement can only be appreciated in light of the effect it had. "When he said to them, 'I am he,' they drew back and fell to the ground" (John 18:6). Such sheer power was generated by these words that these armed, trained soldiers were quite literally "knocked off their feet." The sudden retreat and collapse of Jesus' would-be captors implies that He was doing far more than admitting that He was Jesus of Nazareth. He gave them more than His finite name-He gave them the infinite Name. This band had come seeking Jesus the man, but instead were met by Jesus the Christ. Jesus was asserting His conscious oneness with God, calling forth the divine "Name" of God, affirming that He was "I AM." The sudden realization that they were confronted by divinity caused the soldiers' recoil, so undeniable was the power in His words.

We can see that Jesus knew full well who He was, and that He let this divine identity stand forth through all that He said and did. Words such as *uncompromising* and *unequivocal* have a way of appearing again and again as scholars attempt to understand and retell for us the nature of Jesus' words during and soon after the confrontation at

Gethsemane. This "I AM" that showed itself so dramatically and impressively through the Gethsemane experience is not the expression of a man defeated, a lamb led pitifully to the slaughter. The Gethsemane experience has revealed to us the glory of Jesus: the man/the Christ. In all the "gethsemanes" we may experience in life, let us keep that living image of Jesus before us, for He is the I AM in us that experiences all things and emerges eternally strong and triumphant.

Chapter VII

Jesus, the Healing Presence

To have lived two thousand years ago, and have actually met Jesus Christ-to have looked into His eyes or felt His touch-is a dream many of us keep in our hearts. It is a natural desire to be close to Jesus, to be in His healing presence. We feel that the mundane is transformed to the divine, the limited to the whole, and sickness to health by His very presence, His very touch. The great signs and wonders He performed must have been tremendous and transforming to witness. And perhaps we feel the need for a sign or wonder in our own life today. We need to touch the hem of His garment ourselves.

This desire is more than a mere fantasy; *it can be experienced*, for the healing presence of Jesus Christ transcends time and space. It was the Jesus of two thousand years ago who said, "I am with you always" (Matthew 28:20), and "he who believes in me will also do the works that I do; and greater works than these will he do" (John 14:12).

Signs and wonders were performed by the disciples after Jesus' ascension. In the third and fourth chapters of the Book of Acts, an incident is recorded that reveals the truth about Jesus' eternal presence. One day when Peter and John were on the way to the temple, they met a beggar at the gate who had been a cripple from birth and they healed him. When the rulers of the Jews learned of this healing, they arrested Peter and John and questioned them as to how this healing was done.

"Then Peter, filled with the Holy Spirit, said to them, 'Rulers of the people and elders, if we are being examined today concerning a good deed done to a cripple, by what means this man has been healed, be it known to you all, and to all the people of Israel, that by the name of Jesus Christ of Nazareth, whom you crucified, whom God raised from the dead, by him this man is standing before you well' (Acts 4:8-10).

We need to think about the healing activity of the Christ. We need to dwell on the idea of the perfection of Spirit, of the loving, responsive, guiding Master of healing within. There is a dynamic power in the very words: "Jesus Christ heals." If we but close our eyes to appearances and distractions for a moment, turn away from doubt and fear and speak these words, whether loudly and boldly, softly or silently with knowing expectancy, we will feel that healing power flowing mightily through our being.

We can call forth this same wondrous power for others as well when we lovingly and knowingly proclaim the words for them: "Jesus Christ heals." We give thanks immediately, for how can we faithfully speak these words without inwardly shouting? How can we faithfully speak these words without inwardly singing for joy? How can we faithfully speak these words without knowing that the healing we seek is right here for us? We can behold ourselves and others through inward eyes and know, "by Him we are standing here well!"

Our thinking about ourselves, about others, and about outer appearances can change in this way, can be transmuted to a higher understanding-can "heal." The results that will naturally follow will be an inspired understanding of things, a revitalized body, and a divine order and harmony in our affairs. If we have been wrong in choosing our attitudes and thinking habits, we have each one of us-the inherent ability to turn and become *right*.

We discover that innate in the world and innate in ourselves is the propensity for positive change, for manifestation of the Truth that is

unchanging and omnipresent, ever real-that there is a *propensity for healing*. There is an infinitely powerful, indwelling "might" and readiness. There is a spiritual muscle everywhere flexed for work, a mystery to be solved, a door to be opened, a life of spiritual perfection to be lived.

Nowhere has this sublime truth been better exemplified than in the life and teachings-the eternal presence-of Jesus Christ. Jesus Christ demonstrated the positive, unlimited power for good that is latent within each one of us, a power that we call the Christ.

By this power-and by this power alone-all healing comes about, regardless of its channel of expression in appearances. We bless the doctor, and he is blessed in turn as he skillfully helps us to prepare the setting for healing to take place. And the doctor wonders and gives thanks with us at the great mystery that unfolds before our eyes when the healing becomes manifest.

It is as if all the world waits every moment of time to witness healing in every single phase and facet of life. Our very being also waits for the healing that is potent, awaiting our acknowledgement and acceptance to become active in and through our being. There is healing in the very air! As we breathe this idea of divine healing fully and deeply into our mind and body, we cannot help but feel blessed.

This experience inevitably changes us. When we are alert to the healing presence of the Christ throughout the activity of healing, physical healing or a healing in our thinking or in our affairs is always the source of great spiritual portent to us. As we witness the healing of tissue and cell, we think of the wholeness of Spirit; many things are indicated to us that we may have no words to hold. As we witness the peace of conscious oneness with Him in mind and heart, we know that this peace surpasses logic and learning. As we witness the harmonizing and divine ordering of outer events and circumstances, the healing presence of the Christ stands forth for us, and we experience a freedom and a spiritual rebirth far beyond the scope of our prayers and affirmations. We may, indeed, stand breathless with the impact

of any healing, for we know that we have been in the very presence of the Christ.

If we only let it have its way with us, this healing experience transforms our thinking and feeling to renewed spiritual stamina, and opens the way for ever greater healings in all areas of our life. In John 8:32 we read, "If you continue in my word, you are truly my disciples, and you will know the truth, and the truth will make you free." When we know the truth, when we recognize and accept it and are willing to live it, we experience a quickening of our spiritual nature through which all healing is accomplished.

Peter told the people: "Repent therefore, and turn again, that your sins may be blotted out, that times of refreshing may come from the presence of the Lord" (Acts 3:19). In our awe of the "miracle" of healing, we may experience the inner urging to "repent," to change our old ways of acting, and reacting for new. We recognize intuitively that this is part of the positive change that constitutes true and lasting healing. When we can let the power of healing be loosed in us full-force, so that our mind and heart become truly cleansed, then we experience those "times of refreshing." We find that we are restored to more than our condition immediately preceding the appearance of a healing need; we are restored to spiritual wholeness and purity transcending anything we have known before. And we stand renewed in the healing presence of the Lord.

This has happened for others, and it can happen for us; but we need to become receptive and obedient to the healing activity of the Christ. Most of us are familiar with the story of the woman who touched the hem of the Master's garment and was healed (Mark 5:25-34). There is more to this story than may be immediately apparent; there is within it a subtle, yet infinitely important clue to understanding the principle of healing.

The healing activity that took place in this example had two phases: an action and a reaction. The woman reached out in faith and touched the man Jesus, and the Christ reached out and touched her. We may have the

sensation, as we think of the healing presence of Jesus Christ, of a hand reaching out to us now, the hand of the Christ. And we know that if we will but reach out to take that hand in faith, and accept for our own the healing blessing that the Christ extends to us, we shall be healed.

There is work implied in this "reach"-the tremendous and arduous work of redirecting our thinking and feeling. It may seem a paradox that we should have to work and struggle for what is just at hand within us and pervading the universe. It is true that work is involved in all spiritual growth, and that it is the most rigorous and demanding of any work there is. Yet there is a healing presence that also "works"! The healing presence of the Christ is the strongest power in the universe. This power takes up where we seem to leave off. We must not ever mistake the healing, uplifting action of the Christ as a personal achievement of our own or of another person, for this activity is beyond the limits of the finite. The very nature of spiritual healing is transcendent, infinite, universal; its nature is the nature of the Christ.

An experience of the healing presence of Jesus Christ in action in our life is always unforgettable and transforming. It is as if we reach with all our might to the fullest extent of our ability toward the goal that we behold before us in faith. And there is "something" that reaches with us and through us and for us so that, although we may never have imagined that we could reach it alone, all at once we touch the goal.

Then we know for ourself that healing is a reality we can experience. Thought has formative power; thought attuned to the Christ Mind brings about manifestations in our body and affairs that are harmonious. When we consciously know that there is a universal healing power of the Christ, we begin to rely on it, to align our thoughts with its nature, with the laws of Being. We find that as we hold to our faith in the omnipotent healing presence of the Christ, healing power is released that renews and uplifts our physical body, our thinking and feeling nature, and our life as well. Although our

reasoning nature may be able to grasp this much, the possibility of healing may remain only a possibility without active faith. The example of Jesus Christ can set this active faith into motion for us. As we study the principles of the healing process, we may say, "Yes, this *can* be done." But as we behold the living example of Jesus Christ, whose life and teachings demonstrate the healing principles in action, we can say with realization, "Yes, this has been done-let it be done through me now!"

This growing perception of Truth, plus the frank awareness that outer appearances do not always manifest the same perfection, indicate to the earnest seeker that there must be a propensity for healing in these outer appearances, whether they be appearances of the physical body, of the state of our mind, or of the conditions of our life. We give thanks with our entire being that there is a universal principle of healing, and that we can lay hold of it. As we actively and sincerely seek to know and demonstrate this principle, we begin to perceive and to experience more and more fully the truth that we are not and never can be separated from the healing presence of Jesus Christ.

--Continued in August

July

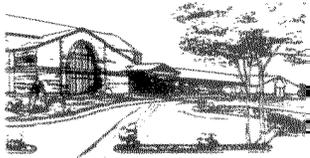
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 AA Men's Group 10AM CA 7PM	3 Yoga Class 4-5 PM	4	5
6 Sunday Services 10:30 Youth Services 10:30	7	8 The Book Club, The Poisonwood Bible by Barbara Kingslover. 2-4pm St. Louis Bread Company across from St. Anthony's	9 AA Men's Group 10AM CA 7PM	10 Yoga Class 4-5 PM	11	12
13 Sunday Services 10:30 Youth Services 10:30	14	15	16 AA Men's Group 10AM CA 7PM	17 Yoga Class 4-5 PM	18	19
20 Sunday Services 10:30 Youth Services 10:30 July Pot Luck Birthday Party	21 Ladies Night Out Azteca, Fenton, Mo. 5:30PM	22	23 AA Men's Group 10AM CA 7PM	24 Yoga Class 4-5 PM	25	26
27 Sunday Services 10:30 Youth Services 10:30	28	29	30 AA Men's Group 10AM CA 7PM	31 Yoga Class 4-5 PM		

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THE JULY, 2014 NEWSLETTER OF FIRST UNITY CHURCH OF ST. LOUIS

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The light side — A little holy humor

Scientists have discovered that sound travels faster in the summer than in the winter. In hot summer air, sound travels at 1,266 feet per second. But in cold air, sound travels as slow as 1,066 feet per second. So that means sermons preached in the summer will naturally be shorter, right?

There's a story about a church member on vacation. While hiking through a forest, he was caught in a sudden summer downpour. To escape a drenching, he crawled into a hollow log. There, safe from the rain and lulled by its steady sound, he soon fell asleep.

When the man awoke, he found that the rain had swelled the wood of the log. He was stuck. Try as he might, he couldn't get out, and realized he might die there.

The man's life began to pass before his eyes. He thought of his unpaid church pledge and how little he had given. This made him feel so

small that he was able to crawl out of the log with ease.

A father was reading Bible stories to his young son. He read, "The man named Lot was warned to take his wife and flee out of the city, but his wife looked back and was turned into a pillar of salt."

His son asked, "What happened to the flea?"

At the pearly gates, St. Peter greeted a minister and congressman and gave them their room assignments.

"Pastor, here are the keys to one of our nicest efficiency units. And for you, Mr. Congressman, the keys to our finest penthouse suite."

"This is unfair!" cried the minister.

"Listen," St. Peter said, "ministers are a dime a dozen up here, but this is the first congressman we've ever seen."

Father O'Malley answers the phone.

"Hello, is this Father O'Malley?"

"It is."

"This is the IRS. Can you help us?"

"I can."

"Do you know a Ted Houlihan?"

"I do."

"Is he a member of your congregation?"

"He is."

"Did he donate \$10,000 to the church?"

"He will."