

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

March 2014

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

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Jesus: the Man/the
Christ
By Randolph
Schmelig

The Spirit Gives Life

A happy face, an enthusiasm for life, an energy that achieves worthwhile things—all these kindle our admiration when we see others expressing them. As we delight in every evidence of good health that we observe in others, we may even wish that we had the same zest for living.

Changing our thoughts about our bodies can bring us a new consciousness of life and health. By thinking and praying positively, we develop a firm realization of the spiritual quality of life and a better understanding of Jesus' words, "It is the spirit that gives life" (Jn. 6:63).

"In what way do you think of your body?" asked a Unity writer. "Do you think of it as a temple of the living God, as composed of spiritual substance, as having light and life in every cell and atom? How do you see yourself? As weak and subject to disease or as a spiritual being, one with the life of God, filled through and through with changeless, eternal life?"

The truth about you is that you are a spiritual being, empowered with the life, wholeness, and vitality of God. The real substance of your body is spiritual; the real nature of your being is spiritual. If you are to be strong, healthy, and enthusiastic about life, recognize in yourself all the spiritual qualities that

make you so. Remember, "It is the spirit that gives life."

Right now, right where you are, start with the realization that you are God's perfect child, and feel God's healing life welling up within you. Along with positive, life-stirring

thoughts about your body, consider its needs—rest, nourishment, and exercise. Pray for guidance, and you will know exactly what you should do to have good health and the happiness and achievement that accompany it.

Your body is a temple of the living God, composed of spiritual substance and filled with divine intelligence. As you

believe this, truly believe it, you will find that you feel stronger, healthier, and more confident. You will see your body as it truly is—the temple of God's spirit, the temple of health and perfection.

Our love enfolds you as we pray for healing. We see you blessed with new vitality, joyous enthusiasm, and perfect health. We know that you are one with the healing, renewing life of God and that it is at work within you now.





Rev. Randy Schmelig
Minister

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Following the service on March 16, plan to stay for a **St. Patrick's Day Pot Luck Luncheon**. You may sign up in the church office if you'd like to bring corned beef and cabbage, or just bring a dish of your choice to share

Laughter Yoga with Jodi

Thursdays from 4:00 - 5:00 pm in the Fellowship Hall. All ages can participate. Come to laugh with us - Fun and Healthy!



April 8: Shanghai Girls by Lisa See
May 13: Long Walk to Freedom by Nelson Mandela (Currently in theaters)

Place: Bread Company, across from St. Anthony's Hospital from 2:00 to 4:00. Contact: Carol Bullock @ 314-894-2602 or (cell) 314-518-9598 for questions.



This month the **Ladies' Night Out Group** will meet Monday March 17th at 5:30 at Red Lobster, 5733 S. Lindbergh Blvd. For

more information call Mary Tumminello - Home: 314-843-1807 Cell: 314-814-4530. All are welcome!

Here are the dates for the **First Unity Prayer Chaplain Meetings**.

We meet at 7:00 p.m.
March 10, April 14, May 12, June 9, July 14, August 11, September 8, October 13



Feed My People

Every year Feed My People gives out produce seeds and encourages their clients to grow some of their own food.



All types of produce seeds are appropriate, although tomato seeds are especially popular. Because everyone can use a little beauty in their lives, flower seeds are also welcome. Food is, of course, always useful and this month protein items will be much appreciated.

www.feed-my-people.org



Remember!
It's time to spring ahead.
Daylight-saving Time begins on March 9th.

Special Dates:

- Ash Wednesday, *March 5*
- First Sunday in Lent, *March 9*
- Daylight-Saving Time begins, *March 9*
- Girl Scout Sunday, *March 9*
- Second Sunday in Lent, *March 16, 2014*
- First Day of Spring, *March 20*
- Third Sunday in Lent, *March 23*
- Fourth Sunday in Lent, *March 30*



March Affirmations

Inner Peace: I am strengthened by the peace of God within.

Guidance: The spirit of God guides me home.

Healing: I am one with Divine Life.

Prosperity: I am living a prosperous life.

World Peace: I am an ambassador of peace in the world.

The Waiting Kingdom

Clarence Edwin Flynn

The kingdom of heaven is at hand,
Not in some distant point in space,
Not far out among the unborn years,
Nor in some mysterious spot,
Nor beyond some lock-bound gate
Or forbidding barrier,
Nor in one place or another,
But here, at our fingertips.

The kingdom is nothing new.
The Master did not bring it.
He only came to tell us
It had always been here,
Waiting within our reach,
Ready to be taken up at any time;
Not something to be found,
But something to be accepted.

The kingdom of heaven is a possibility,
Ready to be made into an actuality.
We shall have it
When we reach out and take it.
When enough of us do so,
The world will have it, too.

Spring Renewal

By reading the Scriptures I am so renewed that all nature seems renewed around me and with me. The sky seems to be a pure, a cooler blue, the trees a deeper green. The whole world is charged with the glory of God and I feel fire and music under my feet.

-Thomas Merton



An Irish Blessing

May you have walls to
keep out the wind,
a roof to keep out the
rain,

warm drinks by the fire,
laughter to cheer you,
those you love near you,
and all that your heart may desire,
including the love of God within.

Childlike Faith

To observe what it means to have childlike faith, simply observe a scared child grow quiet in the arms of a comforting parent.

For a more dramatic lesson, visit the CN (Canadian National) Tower in Toronto, Ontario. Up at the 1,122 foot level you'll find a glass floor. You can walk out onto that floor and look down between your feet to the ground many stories below. You'll notice that many adults hesitate at the edge of the floor and refuse to venture out onto it. Some poke at the floor with the toe of a shoe as if testing the water before committing themselves. Meanwhile, youngsters of all ages scamper across the floor without a care. The children sense the presence of the floor holding them up and trust it completely. Many adults see only the vast emptiness below. They don't trust that the floor exists and that it will hold them.

As children of God, we can trust the Presence who always upholds us any time we have doubts, or face adversity.

Attitude Check

Attitude is the mind's paintbrush. It can color a situation gloomy and gray, or cheerful and gay. In fact, attitudes are more important than facts.

-Mary C. Crowley

Messengers of God



In Half Broke

Horses, Jeannette Walls tells how her Grandmother Lily, at age 10, and Lily's younger siblings were

bringing cows in for milking when the animals suddenly ran for high ground. Lily realized a flash flood was coming.

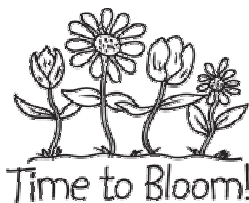
She directed her brother and sister to climb a tree, where they clung all night as water and wind slammed against them. Lily helped her siblings stay awake and hopeful. As dawn broke, the water subsided and the children waded home. Their mother prayed gratefully, telling them to thank their guardian angel. Young Lily protested that *she* had saved them all. But her father answered wisely, "Maybe the angel was you."

The Hebrew word for *angel* literally means messenger. Through words and deeds, we all can be God's angels for one another.

Relinquishing Control

Marcia shared how she'd been struggling to relinquish control and let God direct her life. One day, amid this challenge, her daughter approached her for homework help, which called for the use of an iPad. As Marcia struggled to make sense of her daughter's question, the youngster kept swiping at the screen, zooming in and out and grabbing the tablet to turn it toward herself. "If you want my help," said Marcia in exasperation, "then let me help!"

Suddenly Marcia had an a-ha! moment: Hadn't God been saying the same thing to her all the while? To truly benefit from God's help, she would have to stop trying to do everything herself, let go, sit back and accept his guidance.



"Quotable Quotes"

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

-Mark Twain

The purpose of life is to discover your gift. The meaning of life is to give it away.

-David Viscott

Time does not change us, it just unfolds us.

-Max Frisch

Keep your faith in beautiful things; in the sun when it's hidden, in the spring when it's gone.

-Gilson

Make each day your masterpiece.

-John Wooden

To affect the quality of the day, that is the highest of arts.

-Henry David Thoreau

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

-Anne Frank

I get by with a little help from my friends.

-John Lennon

The way to know life is to love many things.

-Vincent Van Gogh

Happiness is a butterfly which when pursued is just out of grasp ... but if you will sit quietly, may alight upon you.

-Nathaniel Hawthorne

There is no revenge so complete as forgiveness.

-Josh Billings

What the caterpillar calls the end of the world, the Master calls a butterfly.

-Richard Bach

JESUS THE MAN THE CHRIST

By Randolph Schmelig

Most of us have made mistakes similar to those of both brothers at one time or another in our life. Like the younger son, we have tried to find what we thought was an easy way out, or we have tried to be completely independent; and when we have met with difficulties, we have attempted to make do with lack and limitation, forgetting the wonderful inheritance that is ours as a child of God. And like the elder son, we have had our feelings hurt, we have submerged ourselves in self-pity, forgetting that others are not our rivals or competitors but our brothers, sharing in the equal and infinite love of the Father. Each of us is, as Jesus was, the Christ-in-essence. We are children of the *living* God, our Father-God who is active and alive in our life today.

The truly important lesson to be learned from this story is not how we might *fail* in life, but how we can be *saved*. This story is not essentially a warning, as many have taken it to be, but rather a promise. For we all have a Father who loves us, a Father waiting at this very moment to celebrate our conscious return to Him. Our Father, like the father in the story Jesus has given us, has no memory of our failings, no desire to punish. His only wish is to embrace us and shower us with His blessings of healing, peace, joy, substance, freedom, and wisdom. The only thing that can separate us from His embrace and His blessings is our own turning away from Him.

This is the enduring message of Jesus Christ; this is the Truth of which He was so immediately conscious. Jesus stands forth as our Wayshower, our spiritual

beacon. His example lights the way to our spiritual reconciliation, to the realization of our own infinite potential as children of God. When we look to Jesus, we behold the principle of divine Sonship made manifest. We see the Christ consciousness made real. Our Father is ready for us now, waiting and eager for us to come to ourselves and know (as Jesus knew) that each of us is a child of the living God.

Chapter III

Rab-boni: Teacher of the Kingdom

At times of great stress as well as at times of great joy, we often reveal our innermost thoughts and feelings about another. Under these circumstances, we tend to lower the mask we usually hide behind, and to transcend the secretive side of our nature and truly open our heart. This was such a time for Mary Magdalene as she approached the tomb of Jesus after the crucifixion.

This was probably the most emotionally-charged event in Mary's life. Apparently she had just lost the man who was of foremost importance in her life, her beloved spiritual leader. She had followed Him as He traveled and taught throughout the land; certainly she had patterned her life around His teachings. Now she believed she had lost Him utterly, lost Him through the betrayal of a close and trusted companion, lost Him to death by slow and horrible torture. And all the while she could but watch these things happen-powerless to act, fearful even to speak. As we think of her coming to the tomb that day, we can imagine her deep sorrow, her profound melancholy, her complete sense of loss. She had come for one last act of honor and love, to anoint the lifeless

body of Jesus. Surely this moment was like one of those times in our own life when we ask ourselves: "What more could happen? Surely the worst possible tragedy has befallen me!"

As she approached the tomb and saw that it had been opened and that the body was gone, what terror and dismay must have filled her heart. It seemed that an even greater tragedy had happened—even His body had been removed, taken away from her. Yet through her anguish, something was about to happen to her that would transform loss to renewal, suffering to joy, death to immortality; she turned and saw someone'-she saw Jesus. "Jesus said to her, 'Mary.' She turned and said to him in Hebrew, 'Rab-boni!' (which means Teacher)" (John 20:16).

At this electric moment, Mary addressed Jesus as she thought of Him in the depths of her heart. She did not call Him friend or brother, saint or Master; she called Him Teacher.

In the person of Jesus Christ, we too can find the eternal Teacher, the supreme Guide and Helper. Out of even the worst tragedy we can ever experience or imagine happening to us, we too can turn and see Him near, speaking our name, waiting to comfort and teach us.

Most of the records we have of Jesus' life concern His teaching activities, and even the wondrous deeds He performed can be seen as illustrations for His lessons. There have been many great teachers and philosophers in human history, but few have had the effect of Jesus on the world. Above all else, He was ever the Teacher of teachers.

This great Teacher's greatest teaching, His essential lesson for us, was the kingdom teaching. It is on the subject of this "kingdom" that Jesus spent most of His time and discourse, and it is through our growing

understanding of the kingdom teachings that we develop a full realization of Jesus: the man /the Christ, and of our own tremendous spiritual potential. It is in the following of His teachings, the attainment of the kingdom, that we find our salvation and our glory. In one of His most famous parables, Jesus compared the kingdom to a tiny seed: "The kingdom of heaven is like a grain of mustard seed which a man took and sowed in his field; it is the smallest of all seeds, but when it has grown it is the greatest of shrubs and becomes a tree, so that the birds of the air come and make nests in its branches," (Matthew 13:31,32). Let us pause for a moment now and sow the seed of the kingdom within our own consciousness, and let us sow it with love, with interest, with openness of mind. Let us watch it grow, its branches reaching skyward until the flower of understanding blooms on its limbs. When we set out on the path to the kingdom, we set into motion a growing process that is like that of the mustard seed- subtle, yet intense and filled with infinite promise.

As we begin our search for this kingdom Jesus so often referred to in His teachings, our first step is to look for an expert, an authority on the subject who can assist us in the attainment of the goal. Jesus Himself is like the tree already grown to maturity from the seed; in the branches of this tree we can find shelter, rest, and the beauty of Truth. Even though we may not have ready access to His physical person, we can reach Him through His eternal message as recorded in the four Gospels.

Of all the words of Jesus, those probably most often repeated in Christendom are the words in that beautiful collection of phrases known as the Lord's

Prayer. Within this prayer we find some important clues that can help us to apprehend the Truth about the kingdom.

Near the beginning of the Lord's Prayer we find the phrase, "Thy kingdom come . . . on earth as it is in heaven" (Matthew 6:10). In other words, the kingdom has a transcendental quality: it is in or of heaven, but it is also immanent. It can and should be manifested here on earth. The kingdom has the tremendous scope of the divine and all that is implied therein. The kingdom is in heaven, and heaven is indicated as being where God is: "Our Father who art in heaven" (Matthew 6:9). But the kingdom is also immanent-it can be manifested and if manifested, apprehended in the phenomenal world. It can be observed and understood and enjoyed here and now. It exists not in some never-never land of the future, nor only in the abstract world of transcendental principle, but today, at this very moment, and on this earth, in this life. John the Baptist's message was, "the kingdom of heaven is at hand" (Matthew 3:2). That is, the kingdom is close by-so close that we can reach out and touch it; we can breathe it into us, enter into it, know it. It is as though we would in the next moment look back over our shoulder, or remove a veil and find it right here, right within our sight and grasp.

We perceive that the kingdom can be experienced here on the earth scene, in this very moment. We need only find where on earth to look for it; we must discover behind which tree or under what rock it can be found. By investigating its nature, by seeking the qualities and function of the kingdom, we can gain some valuable insights that will lead us to the realization we seek.

First of all, we need to appreciate the idea that the

kingdom has "value" for us. Jesus described this special value in two parables found in the 13th chapter of the book of Matthew: "The kingdom of heaven is like a treasure hidden in a field, which a man found and covered up; then in his joy he goes and sells all that he has and buys that field. Again, the kingdom of heaven is like a merchant in search of fine pearls, who, on finding one pearl of great value, went and sold all that he had and bought it."

These statements assure us that the value of the kingdom is immense; it is of such incredible worth that it supersedes all else in desirability. This information could lead us to look for the kingdom among those things of everyday around us that are ordinarily deemed valuable. It is as if we are saying inwardly, "Is it here? Is it here?" But in order to discover it, we need to understand a very important point: what is the nature of real *worth*?

Worth or *value* are terms that have two distinct meanings in the phenomenal world. On one hand we can speak of what may be called material worth. The realm of material worth encompasses such areas as relative cost, fashion, monetary wealth, and the whole gamut of what we conventionally call possessions. This is the world, and the values of materialism.

But worth is a two-sided coin; it has a second, somewhat abstract but genuine facet that we may call "inherent worth." Inherent worth is subtle, yet real. It is aesthetic worth-it is beauty, both natural and artistic. It is perceived as inspiration and elation. It is somewhat transcendental in its scope, but nonetheless it is a vital phase of our world.

We know that the kingdom is of immense value and worth. We have this clue, but before we can make use of it, we must determine whether its worth is of the "material" or the "inherent" variety. Again, if we turn to the words of Jesus, the solution of our

problem may come to the surface of our thinking. Jesus said, "My kingship is not of this world" (John 18:36). Initially, this statement may appear to be more of a problem than a solution; our first reaction might be to go back to the beginning and start over. Surely this statement appears to contradict our belief that the kingdom can be seen and manifested here on earth.

The key to resolving this apparent contradiction and to reaching a clear understanding of the type of value or worth associated with the kingdom that was the subject of Jesus' teaching ministry lies in the realization that it is possible for something to be *in* the world, yet not *of* it. The kingdom of which Jesus spoke is indeed not *of* this world, but it can be seen and manifested *in* it. The kingdom is not material, nor does it fall under the category of material worth. Jesus' kingdom and its worth are of the inherent kind.

We know that the kingdom has the quality of inherent worth, that we are somehow close to the kingdom when we are uplifted by a noble thought, inspired by reading a poem or listening to a fine piece of music, transported by beauty on canvas or sculpted in stone, or in nature herself. But our knowledge of inherent worth tends to be more affective than cognitive in its character. Our understanding of this phase of the world is almost entirely the product of our feeling nature. Thus our cognizance of inherent worth tends to be more an *awareness* than knowledge in the conventional sense. It is definitely a clue in our search, but it is not enough to take us the whole distance to our goal.

Therefore, a second tool is necessary in our search for the kingdom of Jesus' teachings. We already understand something of the quality of the kingdom. We will set out now to discover the function of the kingdom. What is the active nature of the kingdom-what does it *do*? The clue we are looking for may lie in the meaning of yet another of the parables of Jesus: "Again, the kingdom of

heaven is like a net which was thrown into the sea and gathered fish of every kind; when it was full, men drew it ashore and sat down and sorted the good into vessels but threw away the bad" (Matthew 13:47,48).

Within the words of this simple parable lies the promise, the good news of Jesus' mission on earth. What seems wrong with your world, what seems bad, negative, or destructive in your life? The coming of the kingdom in your experience heralds the elimination of all these things-of all that seems bad-and the preservation of all that is good, all that is positive, all that is creative.

This is the function of the kingdom; this is its inherent worth. All that is fine and beautiful in your life is retained and intensified by this new realm of perception. All that is limited, all that seems imperfect or undesirable, is refined or eliminated according to a new and higher criterion. The parable given above, with all its subtle promise, is not an isolated statement in His teachings, but is one of several parables He gave as He continually hinted at and sought to contain in some way for us in words the inherent worth of the kingdom.

To seek the kingdom is to seek conscious oneness with the universe, to see the spiritual side of existence, to perceive the inherent worth of *all* things, to attain the state of absolute bliss and peace. Yet this endeavor is not the unilateral rejection of the material side of existence. On the contrary, it is the fulfillment of even the material.

"Therefore do not be anxious, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' ... your heavenly Father knows that you need them all. But seek first his kingdom and his righteousness, and all these things shall be yours as well" (Matthew 6:31-33).

When we set our course for the kingdom, when we put it in the very forefront of our heart and mind, our material needs and desires will be taken care of for

us. As we enter into the kingdom, they tend to diminish in importance for us; the outer needs also tend to change; and yes, the needs that we do have tend to be fulfilled in wondrous ways. And we should note, too, that Jesus said not "attain first," or "realize first" the kingdom. He said *seek*. The positive benefits of this seeking are ours not as a distant goal, but .all along the path.

The message of Jesus is one of glad tidings, of great rejoicing. It means "to preach good news to the poor ... and recovering of sight to the blind, to set at liberty those who are oppressed, to proclaim the acceptable year of the Lord" (Luke 4:18,19), and to proclaim it now.

And where do we begin our search? Behind what tree or under what rock do we look? "Nor will they say, 'Lo, here it is!' or 'There!' for behold, the kingdom of God is in the midst of you" (Luke 17:20, 21), said Jesus, beloved Teacher of the kingdom. He has given us the Truth, as if to tell us that we possess a perfect diamond of incomparable value right in our pocket. We need only reach in, close our hands around it, and bring it out into the day so that the sunlight can make its many facets come alive.

The kingdom is that spark of divinity, the Christ nature within each and everyone that all can sense in moments of great joy and insight. To find the kingdom, we must turn inward, to the center of things. That kingdom is the very essence of all that is and it is the very essence of our self.

-Continued in April

March 2014

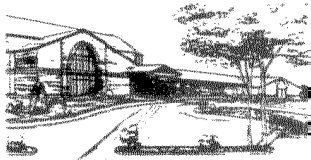
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Choir Rehearsal 9:00 AM Bell Choir 10:30 AM
2 Sunday Service 10:30 AM Youth Ed 10:30 AM	3	4	5 AA Men's Group 10:00 AM CA 7:00 PM	6 Ukulele Practice 7-9 PM Yoga Class 4-5 PM	7	8 Choir Rehearsal 9:00 AM Bell Choir 10:30 AM Father/Daughter Dance 7-9 PM
9 Sunday Service 10:30 AM Youth Ed 10:30 AM	10	11 Book Club The Monuments Men by Robert M.Edsel & Bret Witter 2-4 PM	12 AA Men's Group 10:00 AM CA 7:00 PM	13 Yoga Class 4-5 PM	14	15 Choir Rehearsal 9:00 AM Bell Choir 10:30 AM
16 Sunday Service 10:30 AM Youth Ed 10:30 AM St. Patrick Day Potluck	17 Ladies Night Out 5:30 PM Red Lobster 5733 Lindbergh	18	19 AA Men's Group 10:00 AM CA 7:00 PM	20 Ukulele Practice 7-9 PM Yoga Class 4-5 PM Board Planing 6PM Board Meeting 7PM	21	22 Choir Rehearsal 9:00 AM Bell Choir 10:30 AM
23 Sunday Service 10:30 AM Youth Ed 10:30 AM	24	25	26 AA Men's Group 10:00 AM CA 7:00 PM	27 Yoga Class 4-5 PM	28	29 Choir Rehearsal 9:00 AM Bell Choir 10:30 AM
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THE MARCH, 2014 NEWSLETTER OF FIRST UNITY CHURCH OF ST. LOUIS

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The light side -- A little holy humor

Funny Church Signs

Whoever's praying 4 snow
pleez stop!

Have trouble sleeping?
We have sermons. Come hear one.

How to have a better marriage
every Thursday at 6:30

Now is a good time to visit
our pastor is on vacation

Too cold to change sign.
Message inside.

Be thankful you're still above ground.

God does not believe in atheists
therefore atheists do not exist.

There are some questions
that can't be answered by Google.

Staying in bed shouting "Oh God!"
does not constitute going to church.

Read the Bible
It will scare the hell out of you.

Prayer – wireless access to God
with no roaming fee

Forgive your enemies.
It messes with their heads.

Don't be so open minded
your brains fall out.

Maury is not the only place
to find your father.

Easter comes once a year.
How often do you?

Honk if you love Jesus.
Text while driving
if you want to meet him.

If your life stinks
we have a pew for you.

Jesus was the original potter,
not Harry.

Don't let worries kill you
Let the church help

God wants spiritual fruits
not religious nuts

Walmart is not the only saving place