

# 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

November  
2014

- ❖ Inspiration
- ❖ Information
- ❖ Illumination

#### Inside this issue:

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God Is the Answer  
Dana Gatlin

## God, the Creative Life Force

By J. Douglas Bottorff

*“God is Spirit, or the creative energy that is the cause of all visible things. God as Spirit is the invisible life and intelligence underlying all physical things. There could be no body, or visible part, to anything unless there was first Spirit as creative cause.” –Emilie Cady*

Understanding the nature of God is the first step to understanding how to relate to God.

It’s probably safe to say that most of us carry an anthropomorphic view of God as a human-like, all-powerful figure capable of expressing the full range of human emotion. This is one reason I like to think of God as the Creative Life Force that is active in my being and throughout every aspect of creation. The will of this unseen but all-pervasive force is to express more life, power, love, and intelligence through me and all that concerns me. I do not have to convince God that I am worthy or deserving of the blessings that come with this understanding. My work is to open myself to the greater good that is seeking expression through me now.

I AM LIGHT,  
JOY, LIFE,  
LOVE, PEACE,  
HERE!

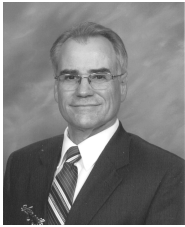
In your moments of quiet, you may find it helpful to envision God as the Creative Life Force pressing in upon you and expressing through you. Feel yourself stepping out of the way and letting this divine energy move through you in freeing, healing ways. God is personal in the sense that even a small cut on

your finger will be healed without your asking. God is universal in the sense that you can trust that your very life is divinely ordered, that all the attributes of God are available to you and to all equally, every moment of every day. In God you live and move and have your being.

God is the source of your being. Work with this idea by affirming something like this:

*God is my unlimited Source. There is no lack in God. Therefore, there can be no lack in my life.*

A statement like this brings into focus the truth that transcends all self-inflicted limiting definitions you may have developed.



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## Wings

November, 2014

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This month the **Ladies' Night Out Group** will meet on November 17<sup>th</sup> at Viviano's in Fenton Plaza on Gravois Road. For more information call Mary Tumminello – Home: 314-843-1807 Cell: 314-814-4530.



**November 11:** Wheels by Arthur Hailey

**December 9:** Mrs. Lincoln's Dressmaker by Jennifer Chiavarini

**January 13:** The Aviator's Wife by Melanie Benjamin

### Laughter Yoga with Jodi

Simple stretching, breathing and guided meditation! Join in for a positive spiritual experience on Thursdays, 4:00 - 5:00 PM, in Fellowship Hall.



### November Birthdays and Pot Luck Lunch:

Join us after the service on the 16<sup>th</sup> to enjoy a pot luck lunch and celebrate all those who have a birthday this month.



### Fall Fashion Show with both men's and women's fashions by Don Rodgers

Saturday, November 8<sup>th</sup>  
Doors open at 11:00  
Lunch at 12:00  
Fashion Show at 1:00  
There will be vender shopping, door prizes, and a peek-a-boo raffle box. Tickets are \$15. Call Pam (314-973-1015) to purchase tickets and reserve your table.



### On Saturday, November 29<sup>th</sup> we will be decorating our church home for Christmas.

Won't you join us at 10:00 and stay for a pizza party after our church is all decked out in its Christmas best?



### Holiday Food Drive

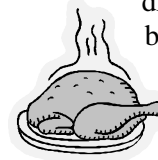
Feed My People has asked for some extra support for the next couple of months. Your generous gifts of food and other supplies will assure a happy Thanksgiving and a

merry Christmas for so many families who wouldn't have so much to be thankful for without your gifts. So when you are doing your holiday shopping, consider picking up an extra item or two for the collection barrels that will be in our lobby. Your donations are always greatly appreciated.

www.feed-my-people.org

### Ukulele Concert and Turkey Dinner

Join us on Thursday, November 20<sup>th</sup>, for dinner and a concert. We will begin serving dinner at 5:30 and the music will start at 7:00. Admission will be \$12.50 for adults and \$6 for children. Please call the office to let us know if you are coming and how many guests you are bringing so we know how much food to prepare.



**Daylight savings time ends on Sunday, November 2<sup>nd</sup>.** Remember to set your clocks back!



**We appreciate our volunteers!** Most people's first impression of our church comes from the smiling faces and warm welcomes of our greeters and ushers. If you would like to be a part of this important ministry, there are sign-up sheets in the lobby.

**Our Youth Education** department is growing. We sure could use extra hands and hugs. If you could help just one Sunday a month, it would make a big difference for our church and our children.



### November Affirmations



**Inner Peace:** I am a center of peace

**Guidance:** I am attuned to

the wisdom of God.

**Healing:** I am whole and well in mind, body, and spirit.

**Prosperity:** I am open to God's creative flow.

**World Peace:** As I live in peace, I bring peace to others.

**Because He Is Love**  
*James Dillet Freeman*

Who of us does not have times when he thinks he is not good enough to go to God for help?  
But God does not help me because He approves or disapproves of what I am doing.  
God helps me because He is God. Because He is life. Because He is love.  
God does not help me because I am good.  
God helps me because He is good.  
God does not help me because I deserve help, or love me because I deserve love.  
Do you love only those who have no flaws? And would you think that you can love where God cannot? Love sees things perfect in spite of flaws.  
I do not have to be perfect to lay hold of love's perfection.  
God does not answer my prayers to reward me because I have been good or deny my prayers to punish me because I have been bad.  
God does not strike a bargain.  
God does not work for pay.  
God gives.  
God does not wait until I give myself to Him to give Himself to me. He seeks me even when I flee from Him. And whither may I flee from Him who is everywhere at hand?  
God has me in His heart, whether I have Him in my heart or not.  
I do not have to be the most willing for Him to choose me, or the most capable for Him to use me.  
It is not only good people God has used to do His good.  
It is not only brave people God has used to win His victories.  
It is not only righteous people God has used to establish right.  
So I hold out my heart and I pray, "God, whatever my heart may have felt, love through it."  
I hold out my mind and I pray, "God, whatever my mind may have thought, think through it."

I hold out my hands and I pray, "God, whatever my hands may have done, act through them."  
For I know that God does not give His strength only to the strong, or His wisdom only to the wise, or His joy only to the joyful, or His blessing only to the blest.  
God does not help me because of what I am.  
God helps me because of what He is.  
God is love.



**A Filled Heart**

Syndicated columnist Bill Ellis often writes about such important days as Christmas, Easter, Memorial Day and others. A few years ago he offered these thoughts just before Thanksgiving:  
"When a heart is filled with gratitude, there is little room for such things as grudges, unforgiveness, hatred, envy, jealousy, greed and the like. A sense of gratitude does good for both the spiritual heart and the physical heart. Consider that many heart attacks may be precipitated by stress, worry, pressure and anxiety. Let gratitude fill your heart."

**The wonderful Spirit that is in you**

Something in you knows that you are greater than anything you have yet experienced or expressed. This inner knowing, this feeling of potential greatness, is the spirit of God in you trying to break through. It is like sunlight that may be temporarily hidden behind clouds; but the clouds cannot take away the light. Nothing can erase or lessen the bright, glorious, wonderful spirit that is in you.

-Martha Smock

*Give thanks for unknown blessings already on their way.*  
-Native American Saying

**"Quotable Quotes"**

*"To give thanks in solitude is enough. Thanksgiving has wings and goes where it must go. Your prayer knows much more about it than you do". ~Victor Hugo*

*"In every living thing there is the desire for love." ~D. H. Lawrence*

*"The journey of a thousand miles begins with one step." ~Lao Tzu*

*"What you do speaks so loudly that I cannot hear what you say." ~Ralph Waldo Emerson*

*"You must be the change you wish to see in the world." ~Gandhi*

*"Keep your face to the sunshine and you can never see the shadow." ~Helen Keller*

*"The best way out is always through." ~Robert Frost*

*"The power of imagination makes us infinite." ~John Muir*

*"Make each day your masterpiece." ~John Wooden*

*"Every moment is a fresh beginning." ~T.S. Eliot*

*"Believe and act as if it were impossible to fail." ~Charles Kettering*

*"Don't count the days, make the days count." ~Muhammad Ali*

*"Every strike brings me closer to the next home run." ~Babe Ruth*

*"Believe you can and you're halfway there." ~Theodore Roosevelt*

*"It is never too late to be what you might have been." ~George Eliot*

*"Your imagination is your preview of life's coming attractions." ~Albert Einstein*



# God Is the Answer

By Dana Gatlin

## FOREWORD

These articles were written out of my own experience.

When asked whether I believe in the efficacy of prayer, I reply, "Yes, I have reason to." When I first sought help from God I was sick and discouraged, and it is through the study and application of the principles that Jesus Christ taught that my life has been transformed. We are all children of Almighty God and inseparable from Him in whom we live and move and have our being. God is Spirit, omnipresent and omnipotent, and when in uplifted consciousness we realize our oneness with Him we can claim all blessings in the glad assurance that they are ours already. Outer fulfillments are bound to follow according as we are spiritually steadfast. God in us is our health, our happiness, our strength, our guidance, our supply, the answer to every human problem or need.

I am grateful that these articles served to help many when they were first published in the Unity periodicals and that their message has been deemed sufficiently helpful to merit this collection of them in more permanent form. God can and will bless you! Rely on Him with all your heart and He will clear the road for you!

*Dana Gatlin  
Kansas City, Mo.  
September, 1938*

## Chapter 1

### God Is the Answer

SEVERAL discouraged letters from readers have prompted me to write this open message in reply. It is written to *you*.

This plan has worked for me: In every human difficulty I have learned to center on God as the way out. God is the answer!

Center on God quickly, completely. God cannot fail! God loves you, right now is waiting to help you, and if you really put your trust in Him with all your heart, He will not fail you. Trusting in Him utterly, you cannot fail!

Whatever your dilemma or need may be, God is the answer. You start the process of His fulfillment in you the moment you turn to Him wholeheartedly, without the slightest doubt or question. Have you been looking for help, guidance, or salvation through your own straining calculation and efforts, through some specified outside source, through some specific agency? Then you have not been trusting God utterly. You have been designating the ways and means, you have set up your personal responsibility as being as weighty as, or weightier than, God's, you have limited your vision according to your mortal eyesight, and have perhaps cloaked and shut off your tremendously versatile and exhaustless resource in almighty God.

This I have learned and should like to pass on: *God* is the answer! *God is* the answer! *God is the answer!* Tell yourself this over and over. Lift up your head and your heart, and believe! Don't think so much about your plight. Don't scheme and fret so much regarding what you should personally do about it. Don't measure your redemption so much by this purely personal yardstick, by the yardstick of your human worries and failures and demands. You strain and wear down and don't get anywhere very much by these doggedly human processes. You are ignoring God, shutting Him out, not letting Him come alive in you so as to vivify and saturate every shred and fiber of your experience, no matter what your situation may seem to be at the moment. Nothing unlike the Omnipotent can stand against Him, nor against you when you recognize that you are His instrument. Nothing in the world can stand against that great, loving, free-

dispensing Spirit of good! If only you can give yourself over to Him freely and trustingly, He will show you the way to gain ascendancy over every obstacle, will work through and for you, will rule you in every detail of your life, every event and deed and thought and impulse, and will rule it for good.

But this necessitates a valiant spirit of "I-trust-in-God" on your part. It means that you must give up completely your mortal doubts and fears, your thoughts of lack and hardship and limitation and of issues that you think must be met solely through the medium of personal efforts and responsibility. Let God be responsible! Let that seep into you until you become saturated with God. God! You are of Him the moment you consciously let yourself be. You are not cramped, or stupid, or hard driven, as your self-imposed human concepts have told you. Dare to turn to the Most High intimately and confidently. Let mighty spiritual forces awaken in you and lift you up. In all things rely on Him! Lose the last vestige of any sense of difficulty or shortcoming. Immerse yourself in God, nothing but God!

Try this, practice it. I don't know in just what way the loving Father of all will work in you and through you. But nothing is more certain than this: He will work! You have only to loose yourself from all mortal sense of strain and admit the Almighty. He will change you, change the entire color and character of your life. Nothing evil can daunt you, touch you. For you are seeing God only, relying on Him, trusting Him. More and more you are seeing as He sees, thinking as He thinks, acting as He wishes you to act. Almost instantly you will feel better, more optimistic and hopeful. You will look better and act better, and the outside world will note the change in you. Daily your confidence will increase and a new kind of integrity will be born. You will have new inspiration, new leading, from the Father. You will meet your tests

and undertake your ventures in an entirely different spirit—gladly, enthusiastically, praisefully, with never a thought of failure, because God is your resource and guide. Your sense of God guidance will grow in you. You will be amazed at yourself, at new, unguessed characteristics and powers that quicken and come forth. Your life will take on new certainty and poise, new color and meaning. All this happens when you recognize God as the one presence and power, when you let nothing stand between you and Him, when you believe in Him supremely and trust Him fully.

In a 1937 issue of *Daily Word* are these pregnant sentences: "We need to keep our heart open to Him but closed to all else . . . Regardless of who you are or what you are thinking at this time, turn to God for a moment and listen to His voice. If you have allowed yourself to become discouraged through listening to false voices, turn to God and listen . . . Take a new lease on life. Be guided to the life of optimism and victory . . . Nothing can daunt you when your ears are tuned to the song of God.

Whatever the ill seeming, discount *it*. Can it contend with God's power? Drop it from your attention and think of God and His constant, powerful, unassailable action. Be resolute in this practice until it becomes an intuitive procedure with you under all circumstances. Put your whole trust in the Lord. Your Redeemer liveth, mighty to succor, to lift up, to guide, to sustain, and to bless. Turn to God in every vicissitude or emergency of your daily life. See Him rather than the undesired situation. Rely on Him rather than on any prop of your personal world, employer, job, relative, or friend. One with God is sufficient to bring forth triumphant good.

Whatever the problem, God is the answer. He comes forth for us according as we learn to turn to Him in trust; trusting Him rather than the sorry circumstances that seem to

enmesh us. Trusting Him ceaselessly! Thank God, we can be released and divinely aided. We can be lifted up into the realm where we know we are secure because we are under divine dominion.

God is the answer. Thank God! He frees us from human angers, suspicions, unruly emotions and impulses, doubts, contentiousness, the sense of human danger and pain. He fortifies, strengthens, and heals us, He provides for our every need. Believe this! He calms and soothes us, works mightily to increase us in stature, sustains and guides us every moment of the day. Shut your ears to the negative clamors and know. God reveals Himself increasingly, unflinchingly, when we learn to abide in Him. This I know through prayer and faithful application and the vicissitudes of living: there are no human problems that God cannot meet victoriously. Your part is to put your trust ceaselessly in Him, regardless of outer appearances, regardless of what other people may be thinking, doing, or believing. Your part is to realize the insuperable presence of the real One within you. Try the divine plan! Practice it! Hear His promise:

"For I, Jehovah thy God, will hold thy right hand, saying unto thee, Fear not; I will help thee."

And I seem to hear you respond with quickened, glad assurance:

I am lifted up into the Christ consciousness. I am one with all love (and good) everywhere. I am at peace with the world. I am free, praise God, I am free!

I glorify God by allowing nothing but Him to have power over me.

God loves me, and tells me what to do.

I trust in the Lord with all my heart.

The Father of light takes possession of my soul and holds me calm and steady.

## Chapter II

### Buried Talents

"For whosoever hath, to him shall be given, and he shall have abundance: but whosoever hath not, from him shall be taken away even that which he hath." Perhaps no utterance of the Great Teacher has caused more puzzlement and dissatisfaction than this concise one. It is not what our human ears are avid to hear.

In the parable of the talents the first servant had an agreeable report when his master returned, for with the five talents left in his keeping he had gained an additional five. "His lord said to him, Well done, good and faithful servant: thou hast been faithful over a few things, I will set thee over many things; enter thou into the joy of thy lord."

Likewise the servant who showed a gain with the two talents entrusted to him. But there was no reward for the third servant, who because of his lesser ability had been given but one talent. We can visualize this poor fellow making his wretched explanation: "Lord, I knew thee that thou art a hard man . . . and I was afraid, and went away and hid thy talent in the earth: lo, thou hast thine own."

According to Jesus' fable the master answered: "Thou wicked and slothful servant . . . at my coming I should have received back mine own with interest. Take ye away therefore the talent from him, and *give* it unto him that hath the ten talents."

We are apt to feel sorry for the unfortunate servant, are apt to feel sorry for those in real life whom we see undergoing a similar experience. And how sorry we feel when something of the kind happens to ourselves! But no one has ever been so expert as Jesus in discerning the laws by which God manifests Himself in His children: "whosoever hath, to him shall be given." Often we should prefer a law more

favorable to the "poor" among us, a law guaranteeing abundance because we lack, a divine law or dispensation relieving us of individual responsibility altogether—including even our responsibility to God!

But evidently this is not how the Almighty works in and for us. The master in the parable may strike us as prejudiced, harsh, and unfair. It is not a picture of the loving, generous Father that Jesus delighted to portray and all of us love to contemplate. The emphasis is not on His "givingness" but on the rigor of a God who demands a showing, a return of His own with interest. This emphasis includes that basic truth which underlies every aspect and every working of Truth: "The earth is the Lord's, and the fullness thereof." Basically even you and I belong to God, the great causative and working power manifest throughout creation.

He is and we are. Because He is, we are. The great Overlord has breathed the breath of life into us, has planted in us living seeds of limitless possibilities, has thus illimitably endowed us: He "giveth us richly all things to enjoy." But in doing this, in holding Himself responsible for us, He does not hold us irresponsible. No! In all that we are, that we do, the Lord looks after His own! You may depend upon it that nothing is overlooked, not by the shadow of a hair; for the Lord, thy God, is a just God. As surely as the harvest season follows planting time the Lord demands an accounting of all His creatures, and God will be exact.

We cannot hedge with God or prevail on Him to change His dictum. Though He loves us truly, and much as He wishes us to glorify Him by prospering, He will not alter for any individual the great, splendid principle by which we exist as units in His scheme of life and growth. If by our own negligence we manage poorly with the gifts entrusted to us by the Father, then those gifts automatically decrease and lessen. The law is irrevocable, and we can

see it demonstrated in everything pertaining to the natural world. This very irrevocability is our greatest safeguard and protection, and our greatest human hope.

We take pleasure in appropriating the statement "All things whatsoever the Father hath are mine." Jesus Himself believed and taught this and told His followers that they should believe and teach it. "Ask, and it shall be given you," He said. "Your Father knoweth what things ye have need of, before ye ask him." "Seek ye first his kingdom, and his righteousness; and all these things shall be added unto you." "He that believeth on me, the works that I do shall he do also; and greater works than these shall he do." Jesus had no difficulty in demonstrating His ability to draw rich treasures forth from the Father's kingdom. But what He taught He practiced. When He told of what befell the poor steward who buried his allotment, Jesus was describing a type of God activity in man that He Himself recognized in every act of His own life. He was teaching how the God "principle of increase" works in and through man. He said significantly, "He that hath ears, let him hear." He also said, "If ye know these things, blessed are ye if ye do them."

He made His point especially impressive to human ears because the thing given in trust was an amount of money. This is what many of us have chiefly in mind when we pray to the Father, who is the Giver of all gifts. The principle does apply to money, as it does to every financial transaction and every conceivable aspect of ourselves as coheirs to this green "footstool" of earth that is the Lord's.

After rereading this parable one day I asked myself several searching questions. What were the things I had prayed God to give me? Why had many of the prayers not been answered? Was it God's fault or mine? Had I recognized all the gifts He had already given me, and used

these according to my fullest ability? One phrase kept rising before my mental eye: "to each according to his several ability." Was I being fair when I envied another person because of his more favorable-seeming equipment or opportunities or his greater reward? Then the thought struck me "In what way do I deem these to be 'lesser' or 'greater' for every least thing is held important in the view of the Lord!" This very moment if I should honestly report to the Lord my every thought and endeavor, every deed and episode, would He answer, "Well done, good and faithful servant: thou hast been faithful over a few things, I will set thee over many things."

What are my talents—your talents—and how are we using them?

Perhaps you will say you have little talent; materially, physically, or spiritually you may recognize as a mere modicum the gift you possess from God. Very well, by your own claim you are adjudged and according to your own perception of your gift you receive. Remember each one is charged "according to his several ability."

Let us consider what God has given you, undisputedly. God has given you life, a something so tremendous, potent, and marvelous that no scientist has ever been learned enough to analyze it, to say what it is composed of, or whence it has derived its sustaining energy or initial spark. God has given you a body machine in which to house and employ this life force, a mechanism so complex yet so accurately perfect in its intricate workings that the most ingenious human mind could not duplicate it. He has given you a world to reside in and explore, a place so filled and crammed with multivariied opportunities and possibilities that all the human chronicles, records, books, and libraries known to earth are not adequate to describe it.

--Continued in December

## NOVEMBER

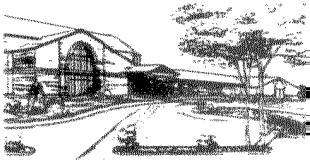
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						<b>1</b> <i>Choir Rehearsal 9AM</i>  <i>Bell Choir 10:30AM</i>
<b>2</b> <i>Sunday Services 10:30 AM</i>  <i>Youth Ed 10:30AM</i>	<b>3</b> <b><i>Feed My People</i></b> <i>Food Drive for the months of November and December</i>	<b>4</b>	<b>5</b> <i>AA Men's Group 10AM</i>  <i>CA 7PM</i>	<b>6</b> <i>Yoga Class 4-5</i>	<b>7</b>	<b>8</b> <i>Fall &amp; Holiday Fashion Show Doors Open at 11AM Lunch at 12PM For Tickets \$15 call Pam at 314-973-1015</i>
<b>9</b> <i>Sunday Services 10:30 AM</i>  <i>Youth Ed 10:30AM</i>	<b>10</b>	<b>11</b> <i>Book Club Wheels by Arthur Hailey 2-4 Bread Company</i>	<b>12</b> <i>AA Men's Group 10AM</i>  <i>CA 7PM</i>	<b>13</b> <i>Yoga Class 4-5</i>	<b>14</b>	<b>15</b> <i>No Choir or Bell Choir Practice</i>
<b>16</b> <i>Sunday Services 10:30 AM</i>  <i>Youth Ed 10:30AM</i>  <i>Potluck/Birthday</i>	<b>17</b> <i>Ladies Night Out Viviano's 62 Fenton Plaza on Old Gravois Road</i>	<b>18</b>	<b>19</b> <i>AA Men's Group 10AM</i>  <i>CA 7PM</i>	<b>20</b> <i>Ukulele Group Turkey Dinner 5:30PM Concert 7PM Tickets \$12.50</i>  <i>Yoga Class 4-5</i>	<b>21</b>	<b>22</b> <i>No Choir or Bell Choir Practice</i>
<b>23</b> <i>Sunday Services 10:30 AM</i>  <i>Youth Ed 10:30AM</i>	<b>24</b>	<b>25</b>	<b>26</b> <i>AA Men's Group 10AM</i>  <i>CA 7PM</i>	<b>27</b> <i>Yoga Class 4-5</i>	<b>28</b>	<b>29</b> <i>Choir Rehearsal 9AM</i>  <i>Bell Choir 10:30AM</i>
<b>30</b> <i>Sunday Services 10:30 AM</i>  <i>Youth Ed 10:30AM</i>						

### ***Wings***

**THE NOVEMBER 2014 NEWSLETTER OF  
FIRST UNITY CHURCH OF ST. LOUIS**

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## The light side -- A little holy humor

Q: Why are frogs so happy?

A: They eat whatever bugs them

Q: How do you make an Octopus laugh?

A: With ten-tickles

Q: Why is England the wettest country?

A: Because the queen has reigned there for years!

Q: Did you hear about the angry pancake?

A: He just flipped.

Q: What do prisoners use to call each other?

A: Cell phones.

Q: What do you call a cow with a twitch?

A: Beef Jerky.

Q: What Do You Call A Bear With No Teeth?

A: A Gummy Bear

Q: Did you hear about the hairdresser?

A: She dyed.

Q: Did you hear about the Italian chef that died?

A: He pasta way.

Q: Where do snowmen keep their money?

A: In snow banks.

Q: What did Delaware?

A: a New Jersey

Q. What did the tie say to the hat?

A. You go on ahead and I'll hang around.

Q: Did you hear about the guy who got hit in the head with a can of soda?

A: He was lucky it was a soft drink.

Q: Why did Tony go out with a prune?

A: Because he couldn't find a date!

Q: What did the little mountain say

to the big mountain?

A: Hi, Cliff!

Q: What starts with a P, ends with an E, and has a million letters in it?

A: Post Office!