# 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

### October 2014

- Inspiration
- Information
- Illumination

# Love Holds the World Together

By Mary-Alice and Richard Jafolla

Minnie was starved for affection. Throughout the many years she and Homer had been married, he'd never shown her any outward signs that he loved her. One day Minnie couldn't stand it any longer and blurted out, "Homer, why don't you ever tell me you love me?"

Homer replied without a smile: "Minnie, when we were married, I told you I loved you. If I ever change my mind, I'll let you know."

Homer may have thought that was good enough—that love never needs to be shared. But he was wrong. Love is the greatest power in the world, but it requires continual circulation to stay strong and vital. It was designed to be expressed.

If we open ourselves to love, we see that it certainly has to be the strongest attracting power in creation. It binds us all together in one great and marvelous union—all part of the one God. God is love. This love pulls each of us toward our true Christ Selves, making us more and more aware of our divinity. In the long run, love is stronger than hatred and wars—the personal battles as well as international ones.

It is God's love expressing itself through various natural laws that holds the planets in their orbits and us in our forms as human beings. Love is everywhere.

But sometimes we humans attach strings to our love—we love only at certain times and we love only certain people. Maybe we feel we can love only the people who we feel love us or

who are the same as we are. But this is not using our wonderful power of love in the correct way. The fact is that everyone is like us because we are all part of the one God. The God in you is the same

God in every other person, no matter how it may seem.

If we intend to live the way God designed us to, we have to start loving *everyone*. To love less than this is—are you ready?—not to love God. Our attention has to stay focused on the Christ nature of each person and not on outer appearances. We're not all cut from the same cookie cutter, so there will always be superficial differences. But we *are* all from the same batch of dough.

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#### UNITY BASICS CLASS

Join us on Saturday, November 1, from 9:00 a.m. to 12:00 p.m. for an interactive class on Unity Basics, facilitated by Jan Mourning, Licensed Unity Teacher. We will review and explore the history of the Unity Movement and the history of First Unity Church, Unity's Five Principles, and Unity's fundamental understandings of the nature of God, humankind, and practical Christianity. Whether you are new to the ideas of Unity or a longtime Unity member, this class will provide an opportunity to deepen your understanding of how Unity's principles and practices can transform your life. Unity Basics is a prerequisite for becoming a Prayer Chaplain.

#### PRAYER FUNDAMENTALS

Prayer is the cornerstone of Unity. We will explore the power of prayer on Saturday, November 1, from 1:00 to 4:00 p.m. in the *Prayer Fundamentals* class, facilitated by Jan Mourning, Licensed Unity Teacher. True prayer goes beyond words; it is an attitude of heart and mind, a lifting of consciousness. We will discuss the purpose of prayer, ways to pray, affirmative prayer, the five-step prayer process, and praying with others. This interactive class is a prerequisite for becoming a Prayer Chaplain and is designed for all who wish to enrich their prayer lives.



#### 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.

This month the Ladies' Night
Out Group will meet at Fire
House Bar and Grill, 3500
Lemay Ferry Road (On Lemay
Ferry between Mehlville High
School and Lindbergh). For more
information call Mary Tumminello – Home:
314-843-1807 Cell: 314-814-4530.



October 14: The Shoemaker's Wife by Adriana Trigiani

**November 11**: Wheels by Arthur Hailev

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

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

October Birthdays and Pot Luck Lunch: Join us after the service on the 19<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.

More people than ever are counting on Feed My People to keep their families from going hungry. In addition to donations through our church, several fund raisers are planned: Meal-A-Month, Adopt-A-Family, Giving Tree, and Volunteer Help. Please see the bulletin board in the fellowship hall for more information on these and other programs.

www.feed-my-people.org

### God Is with You

R. H. Grenville

God is with you where you are. In the busy thoroughfare, In the watches of the night You are in His loving care.

In the heavens, on the earth, Close beside you or afar, All is well with you, beloved; God is with you where you are.



#### **October Affirmations**

Inner Peace: At the core of my being, I find peace.
Guidance: God guides my

way in every situation.

**Healing:** I am one with the stream of healing Life.

**Prosperity:** I give and receive with ease and grace.

**World Peace:** I am a peacemaker in the world.

#### A Colorful Lesson

We could learn a lot from crayons:
Some are sharp, some are pretty, some are dull, some have weird names, and all are different colors ... but they all exist very nicely together in the same box.

—Robert Fulghum

#### The Goodwill Man

In the early years of the 20th century, a pastor in Boston had a burning passion to help the poor, those who were handicapped, and immigrants who found it difficult to adjust to American practices. With steadfast prayer and God's hand guiding him along, the Rev. Edgar James Helms started Goodwill Industries.

Today it is a widespread movement dedicated "to help the helpless to help themselves." It continues to help the handicapped, the jobless and the poor.

Before he died in 1943, Helms wrote the following statement:

"I, Edgar James Helms, have often been referred to as the founder of Goodwill Industries. This is not strictly true. The originator of Goodwill Industries was the Master of men, who spoke from a Galilean hillside 1900 years ago and commanded his disciples to 'gather up the fragments that nothing be lost.'

"We, his disciples, are commanded to 'Go thou and do likewise.' We receive our marching orders from him, who commanded us to 'seek and save the lost.' He expects us to literally, 'Feed the hungry, clothe the naked, visit those who are sick and in prison.'"

Down through the years, Goodwill has existed for service, not financial profits — all because of the Man from Galilee and Edgar Helms, his servant.

#### **Blessings Count**

Some years ago, a newspaper profiled the lives of an elderly

Christian couple. When the pair was first married, they decided to use their God-given gifts to help others. They focused primarily upon serving through their church and life-care retirement homes.

Their love and service down through the years prompted a foundation to honor them for their caring philanthropy. Upon receiving their award, Mr. and Mrs. Davis Illingworth spoke of the motto that had been the guiding rule of their lives: "Count your blessings, and make your blessings count."

#### Sermons around Us

Shakespeare wrote of times when "our life ...

finds tongues in trees, books in the running brooks, sermons in stones and good in everything."



The month of October can preach breathtaking sermons. It speaks in the glorious colors of leaves, the splendor of the abundant harvest, the grass whitened by the first frost, the honking birds flying to their winter haven and busy squirrels gathering nuts before snow covers their feeding ground.

How wonderful October's sermons are, and how they bless us. Thank you, Lord!

#### Change

Cradle to grave —
How shall my life flow?
Always the same,
Never daring to grow? Since
GOD is the same, always faithful
and near,

I'm free to move forward in spite of my fear. So...

Naming the Lord as my Power through strife, I

Go forth braving newness — in faith and in life!

—Heidi Mann

### "Quotable Quotes"

Words which do not give the light of Christ increase the darkness.

-Mother Teresa

Live simply, love generously, care deeply, speak kindly, leave the rest to God.

attributed to Ronald Reagan

Faith goes up the stairs that love has made and looks out the window which hope has opened."

-Charles Spurgeon

Faith working by love' is the length and breadth and depth and height of Christian perfection.

-John Wesley

I cannot imagine how the clockwork of the universe can exist without a clockmaker.

—Voltaire

Autumn is a second spring where every leaf is a flower.

—Albert Camus

Spirituality is attention to the life of the Spirit in us. It is contemplating the unspeakable beauty of our loving God.

-Henri Nouwen

Faith, like light, should always be simple and unbending; while love, like warmth, should beam forth on every side and bend to every necessity of our brethren.

-Martin Luther

God is in the business of taking old pieces of our lives, refinishing them and, at just the right time, surprising us with newfound beauty.

—Susan Duke

No man ever got very high by pulling other people down.... Don't knock your friends. Don't knock your enemies. Don't knock yourself.

—Alfred, Lord Tennyson

# Jesus the Man the Christ By Randolph Schmelig

#### Chapter IX

#### "I Have Overcome the World"

(Continued from September)

We wanted to know, in the beginning, how our life would be affected by the experience of the kingdom Christ promised. Now the answer opens to us as we open our heart to love-the answer to all things. This is a love that is much greater, more expanded than a selfish or possessive love. And just as Jesus seemed to be set apart-out of the usual, beyond the expected-we too begin to be set apart from the old limitations. "For if you love those who love you, what reward have you? Do not even the tax collectors do the same? And if you salute only your brethren, what more are you doing than others? Do not even the Gentiles do the same? You, therefore, must be perfect, as your heavenly Father is perfect" (Matthew 5:46-48). To be perfect is to be whole, and as our heart opens to the Christ love, we do find a new wholeness, a new sense of the perfection that indwells us in the "heaven" of our own being.

It is in this manner that the citizens of the kingdom are set apart; this is their distinction. It is our natural expression, our true way, to out-picture the perfection of Spirit in our life. It is easy for us, once we love in the Christ way, to show forth that love in our actions as well as in our responses. The Christ love is the essence of the Golden Rule. We should note that to "do unto others as we would have others do unto us" implies positive action on our part, not a negative and fearful reaction. Love is not something we take from others, depriving them; nor is it something we give away and lose. It is expressed from within, and becomes fuller and larger in the expression, enriching all. No outer

force can restrict the flow of our love or lessen the blessings that love naturally attracts. If you want to know peace, be loving; if you want to know joy, see others not as competitors, but as brothers and sisters, equal in the Christ love. If we practice this direction of thought and feeling even for a day, we can change the whole atmosphere of our world, and we begin to manifest and to experience the joy of the kingdom of heaven that Jesus knew.

We find that love is an active force. It is not a passive, enduring, tolerating state of mind. It is a turning, a giving, a forgiving one, as expressed in Jesus' words about turning the other cheek, giving away the cloak, going the extra distance, sharing of substance. The Christ love entails an inner turning toward the kingdom that is centered within, a giving away of negative concepts, an expansion of thought, a partaking in the love of the Father. This new consciousness cannot help but be expressed in loving words and actions, and it cannot help but signal iov and freedom.

To show love to one another is a genuine form of worship, for true love is an adoration of the Christ that indwells each and every individual. This kind of love is far more meaningful than any ceremony can embody, and deeper than any outer gesture, yet when this love is behind the ceremonies we may participate in, and when it motivates our outer gestures, all are blessed by the Christ love. Without the light of that love, these things remain dark and empty. Jesus taught, "So if you are offering your gift at the altar, and there remember that your brother has something against you, leave your gift there before the altar and go; first be reconciled to your brother, and then come and offer your gift" (Matthew 5:23-24). It is this expression of love that gives meaning to the Christian experience. We seek to be at peace with all people; to realize fully our innate oneness with all people; to look into

the faces of others and see beyond the imperfections of the surface to the pure and perfect Christ within. This is the kingdom experience.

The Christ love frees us from our imagined separation from God and opens the gates to the kingdom in our consciousness. The significance of the first awakenings to this Truth cannot be overstated. The awakening of the Christ love in our consciousness is the beginning and the foundation of all wisdom. When asked which was the greatest of the commandments, Jesus said: "You shall love the Lord your God with all your heart, and with all your soul, and with all your mind. This is the great and first commandment. And a second is like it, You shall love your neighbor as yourself. On these two commandments depend all the law and the prophets" (Matthew 22:37-40). These are the commandments from which all other spiritual rules and principles draw their meaning. These commandments are not two separate ideas, but are more like two ways of approaching and understanding the one all-important commandment: "Love the Lord with all your being; He is the Self of you and the Self of all people."

The keynote of Jesus' ministry is love. His birth, His life and teachings, His resurrection, are positive proof of God's love in action. The example of Jesus does not indicate a lifeless, abstract set of principles to memorize and recite in a lifeless religion. The example of Jesus reveals that love is the very life of our life. When we think of the face of Jesus as He experienced any of the moments depicted in scripture, we cannot help but see, through the eye of Spirit, infinite love radiating out to us. We have but to think of that face, and the Christ love becomes real for us. That face smiles upon us from within at this moment and we are free, whole, and perfect in the eternal love of the Christ.

#### Chapter X

#### Conclusion

Man is an idea in the Mind of God. This idea finds perfect expression in the Christ, the Son of God that is the real nature of every human being. Man's true status in the universe is as the beloved child and heir to all that the Father has and is-the infinitely abundant realm of divine ideas.

Man is a threefold being. comprised of Spirit, soul, and body. Because man is created in the image and likeness of God. the soul-or mind-of man possesses free will. It is pivotal in its nature, for it can base its judgments on the direction of Spirit, the ever-perfect phase of his being, or upon physical facts and appearances in the world, which are transitory and deceiving. Basing his assumptions about the universe on the outer world, man mistakes his status to be mortal and finite. Out of the misunderstanding of his spiritual divinity comes man's sense of limitation.

Jesus Christ demonstrated the great Truth of our being, that man is inherently divine and can bring forth that divinity. We are all the much-loved children of God. We share in the divine sonship that Jesus so beautifully expressed.

The nature of man is divine; however, the status of man apparently is not. We sense our divine potential, but the perennial problem of mankind is how to bridge the seeming gap between our potential and our realization and manifestation of that potential. At one time or another in our life, all of us have sensed that we are greater than we appear to be. Perhaps we have beheld the majesty of a sunset, been touched by an inspiring passage in a book, or apprehended Truth in a moment of quiet thought. No matter what the specific form this experience may have taken, each of us has had an experience of Spirit. We

have, even if only for a fleeting instant, caught a glimpse of what we really are. But what concerns us in this life experience is the bringing of this Truth into manifestation-from the realm of what "might be" to the here and now, the real and lasting meaning and fulfillment of our life.

When we look to the example of Jesus Christ, we see this apparent gap bridged. We see our potential revealed and demonstrated in its fullness. Beholding Him, alive through the record of His life and teachings in Scripture, we know that our own innate divinity can be expressedthat it is possible for us to know our own spiritual nature, just as Jesus did. We know that Jesus was flesh and blood, palpable, just as we are. Yet at the same time, He revealed through word and action a transcendent, overcoming, alltriumphant nature. This great example signals latent power in us and beckons us to discover what we really are. He lived the life, and calls to us to do the same.

We have received, through Him, the inspiration. We must discover, each in our own way, the application of the Truth in our life. Jesus differed from us only in the degree to which He realized and expressed this divine nature. Jesus continually dwelt in the "Father's house"-in the consciousness of divine ideas. Yet we, like the prodigal son of His story, have somehow come to believe in our separateness from the Father and our divine inheritance. Jesus Christ has shown us the way back to the awareness of our unity with the Father. He has pointed out the path, and we must learn to follow it toward our own spiritual unfoldment.

We know that we *can* follow Him, because through Jesus' own teachings, we learn that each of us possesses the same basic, essential qualities that He possessed. Again and again, His words testify to the Truth that each and every one of us is innately equipped for spiritual realization. We possess, in our inmost being, the source of all understanding, all love, all freedom. And we also possess the tools for this realization, such as infinite faith, power, and wisdom. We have but to discover and appropriate the tools-the divine ideas-with which we are endowed, and the kingdom of heaven (conscious oneness with God) opens to us.

Although the Western world has learned a great deal about what Jesus did, we have barely scratched the surface on the question of what Jesus is. We know that He performed signs and wonders, yet we perceive that He is more than a magician-that His acts, His words, and His presence have a profound significance beyond the obvious.

Jesus: the man/the Christ, perceived the universe as being founded on the Father-Son relationship between man and God. This revelation is the crux of all of His teachings. It transforms the universe from the impersonal to the personal, from the distant to the immediate, from the abstract to the real.

To recognize God as our Father is to understand ourself as His child and heir. We share in the Father's divinity as His own beloved expression. It is through this close relationship that we realize that Spirit, with all the richness of the kingdom enfolded therein, can be found and known right within us.

It is through this relationship that we understand our true identity to be timeless and divine, and that "I AM" is our own spiritual name. But it is through our relationship with Jesus Christ that we see this Truth demonstrated fully.

Great ideas have a power of their own that carries them to

manifestation, and they are often inspired in us by observable things. By having revealed to us in the physical world the embodiment of the Christ, we can grasp the ideal of Christhood and through this realization, let it be manifest in us. By Jesus' living experience we can realize and become one consciously with the nature of God.

In a way, Jesus may seem to be our opposite, in that while we aspire upward toward Him, He reached down to our state of awareness to uplift us. While we, in a consciousness of limitation, have lost sight of our true nature, Jesus Christ was ever conscious of His spiritual greatness and channeled this divine nature into physical expression. We are moving closer to that goal, like the prodigal son returning home from the far country, and Jesus is like the father in the story, coming out to meet us while we are still "a long way off."

Jesus is the Christ, Selfrealized, the incarnation of God. To some it is more meaningful to think of Jesus as a man, like us, who somehow "made it" to the spiritual goal; who learned life's lesson and discovered the Truth about Himself through a series of experiences. Yet it is more freeing to some to think of Him as a divine gift-God pushing forth into physical form, incarnating purposefully and lovingly as our Brother and Teacher; God reaching out to us and embracing us with His loving presence. Whichever point of view we may choose to take, according to our own present place in unfoldment, is unimportant-so long as we realize that Jesus is the Christ, God made manifest on this place of existence out of love.

Many religious scholars claim that several incarnations of God have appeared on earth. It is not important to deliberate about whether Jesus of Nazareth was the only incarnation of God, or whether there have been a few or thousands of others, and others still to come in the future. The significant idea is that Jesus is an incarnation of God, and as such is the doorway, the key, the Way. He has imparted to us through His life and teachings the freeing, blessing message of Spirit in the purest way possible.

Jesus Christ has profoundly affected the history of the worldin particular, that of the Western world. But even more wonderful is His profound effect on individuals. We may discuss theories of religion, we may formulate spiritual methods and principles and doctrines, we may speculate about Truth. But in contemplating Jesus Christ in a personal and individual way, we see these theories and principles of Truth in living action. The living idea becomes part of our thinking and feeling and understanding; it gives spiritual force and direction to our personal unfoldment.

We know that God is omnipresent Spirit, yet we think of Him as centralized and intensified in Jesus Christ. Light fills the room, but when we look directly at the lamp, then we think of the light. Sunshine pervades the air, but when we look directly at the sun, we are intensely aware of light. We seem to be able to perceive God most clearly and readily when He is expressed in human form as the Son of God. As Jesus Himself taught, each one of us is really a manifestation of God. Each can know and express God directly. We do not really require any book or church or person to bring us into spiritual awareness. Yet how much easier it is to know about God when we read His Truth revealed in Scripture! How much easier it is to pray and raise our consciousness when we are united with other Truth seekers in an

atmosphere of receptivity and responsiveness to God! How much easier, and how beautiful, it is to see God when we see Him expressed in Jesus: the man / the Christ.



#### FROM PAGE ONE



When we let the warmth of our love flow out

from us in a complete circle, we touch everyone with it, and the entire world—especially our own immediate world—becomes a better place. We meet all people Christ-to-Christ, and our love automatically falls across their paths. To love in God's way is to let it flow freely, not withholding it from anyone. This is the ideal and, as with most of these universal principles, we may not be there yet. But when we realize that everyone wants to love and be loved and that everything people do is their way of crying out for that love, we begin to feel our own love moving their direction. No kidding, it obviously takes a lot of practice to love everybody, but this is the way God loves us, and it's the way we're supposed to operate too. And here's a super bonus: When you're loving, people can't help noticing your radiance and will love you in return.

Love is a mighty magnet. Whatever we love, we attract into our lives. If we love God, we will attract blessings. Eventually each of us will realize that he or she is part of everyone else, and our love will touch everyone, because we are all one.

From *The Simple Truth: Making Sense of God, Life & Other Stuff.* Authors of many books, including *The Lazarus Blueprint* and *The Quest*, Mary-Alice and Richard Jafolla are former directors of Silent Unity®, the prayer ministry of Unity, serving people of all faiths with 24/7 prayer support.

## OCTOBER 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4 Choir Rehearsal 9:00AM Bell Choir 10:30AM
5 Sunday Services 10:30AM Youth Ed 10:30AM	6	7	8 AA Men's Group 10:00AM CA 7:00PM	<b>9</b> Yoga Class 4-5Pm	10	11 Choir Rehearsal 9:00AM Bell Choir 10:30AM
12 Sunday Services 10:30AM Youth Ed 10:30AM	13	14 Book Club The Shoemaker's Wife, by Adriana Trigiahni 2-4 Bread Company	15 AA Men's Group 10:00AM CA 7:00PM	16 Yoga Class 4-5Pm	17	18 Choir Rehearsal 9:00AM Bell Choir 10:30AM
10:30AM Youth Ed	20 Ladies Night Out Will be at Fire House Bar& Grill 3500 Lemay Ferry Rd. Between Lindbergh & Mehlville High School	21	22 AA Men's Group 10:00AM CA 7:00PM	23 Yoga Class 4-5Pm	24	25 Choir Rehearsal 9:00AM Bell Choir 10:30AM
Service  26 Sunday Services 10:30AM  Youth Ed 10:30AM	27	28	29 AA Men's Group 10:00AM CA 7:00PM	30 Yoga Class 4-5Pm	31	
				t Unity Church		

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# The light side — A little holy humor

Q: Where do bees go to the bathroom?

A: At the BP station!

Q: Who earns a living driving their customers away?

A: A taxi driver.

Q: What do you call a dinosaur with an extensive vocabulary?

A: a thesaurus.

Q: What did the baby corn say to the mama corn?

A: "Where's Popcorn?"

Q: What stays in the corner and travels all over the world?

A: A stamp.

Q: What's the first bet that most people make in their lives? A: the alpha bet

Q. What do you get when you cross a cow and a duck?

A. Milk and quackers!

Q: How do you organize a space

party?

A: You planet!

Q: What do you call a sleeping bull?

A: A bulldozer!

Q: What has one head, one foot and four legs?

A: A Bed

Q: Why did the cross-eyed teacher lose her job?

A: Because she couldn't control her pupils.

Q: What do you call someone who is afraid of Santa?

A: A Clausterphobic

Q: Did you hear the joke about the roof?

A: Never mind, it's over your head!

Q: Why didn't the skeleton go to the dance?

A: Because he had no-body to go with.

Q: How do crazy people go through

the forest?

A: They take the psycho path.