

# 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 2015

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

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God Is the Answer  
Dana Gatlin

## Law of Mind Action

*By Richard and Mary Alice Jafolla*

When the British tennis star Gem Gilbert was a little girl, she watched in horror as her mother died of shock in the dentist chair during a tooth extraction. The experience had such a profoundly negative impact on her that for the next thirty years she refused to go to a dentist. Finally, she was suffering from a toothache of such severity that she agreed to have a dentist come to her home to see if he could help her. He arrived to find her surrounded by her family, her friends, her personal physician, and even her minister. Upon examining the tooth, the dentist informed Gem that he would have to extract it. But before he could even begin, she died!



After a lengthy obituary detailing her life and athletic accomplishments, the article in the London Daily Mail concluded that she was killed by thirty years of thought!

### Think about This!

Apple seeds can only grow apple trees. Dogs can only produce puppies. Continually give builders the same blueprint and they will continually build the same house. Regardless of location, time of year, or builder, a blueprint for a white stucco house with a white picket fence will yield a white stucco

house with a white picket fence. How can it not? "But I wanted a red brick house without a fence." Well, then create a different blueprint.

It's been estimated that we have 60,000 separate thoughts each day. That's about fifty thoughts each minute! How astounding. It shows that we have an incredible ability to process ideas. Yet what's even more astounding is the fact that about 99 percent of today's thoughts are the same as yesterday's! No wonder it is so difficult for us to change our lives.

How can our lives be anything different than our thoughts? God's desire for us is absolute good. It is our minds that decide what part of God's good will becomes part of our lives. You can see that the choice has to be ours, otherwise the concept of free will is a hoax.

If what happens in our lives is the result of anything other than our thinking, then it is not we who decide our fates. It would be believing that God gives us free will but then capriciously takes it back by interfering in our choices.

*--Continued on Page Six*



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## Wings

July, 2015

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Evening of Q & A with  
Rev. Randy

Every Sunday people come up to Rev. Randy with questions about his lesson, the Bible, and Unity. On Thursday evening, July 23, at 7:00, Rev. Randy will try to answer any questions you may have on these subjects. Please submit your questions in writing to be drawn at random. If we don't get to all of them, we will have another session the following Thursday.

This month the **Ladies' Night Out Group** will be at Billy G's, 131 Argonne in Kirkwood on July 20<sup>th</sup> at 5:30. For more information call Mary Tumminello – Home: 314-843-1807 Cell: 314-814-4530.



For those who prefer not to drive at night we are having a **Ladies Lunch Out** on July 31<sup>st</sup> at 11:30 at Roberto's - 145 Concord Plaza shopping center. Call Judie Henley at 314-487-3938 so she can make a reservation.



**July 14:** Orphan Train by Christina Baker Kline  
**August 11:** Boston Girl by Anita Diamant  
**September 8:** Far from the Madding Crowd by Thomas Hardy (*Note this change.*)  
**October 13:** To Kill a Mocking Bird by Harper Lee

(Anyone who wants to attend the meetings are welcome, male or female, whether they have read the book or not.)

**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.



### 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

Our **bell choir** is looking for two new members. If you or someone you know loves



music and knows how to read music, let them know about our bell choir auditions coming up on Saturday, August 1<sup>st</sup>. Auditions will be held from 9:30am - 11:30am. Any musician, high school age and older, can try out. Rehearsals during the year are on Saturday mornings at 10:30am from mid-August through May.



Mark your calendars for July 16<sup>th</sup>! Back by popular demand: **Ukulele Concert and Spaghetti dinner!**

Tickets are available in the church office: \$12.50, adults/\$6.00, children. Doors open at 5:00, dinner at 5:30, concert begins at 7:00.

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.



Our **Lending Library**, near the elevator, continues to grow. Stop by and check out an inspirational title from among a wide selection of books written by some of Unity's greatest authors and teachers.



There are also many other favorites for you to enjoy, written by other New Thought and spiritual thinkers.

### July Affirmations

**Inner Peace:** I navigate life with ease and grace.

**Guidance:** I trust my inner wisdom.



**Healing:** I am renewed by the healing power of prayer.

**Prosperity:** God is my source for all I need and desire.

**World Peace:** I see peace in every heart and in every situation.





## A Prayer for July 4th

Almighty and ever-living God, we humbly praise you for the nation in which you have allowed us to live. We cherish its wonder and its beauty. We are thankful for its fruitful lands, its bountiful waters, its great resources and its unlimited opportunities.

We thank you for our founding fathers and mothers, and for their foresight, special wisdom, and steadfast courage in establishing freedom and a lasting document of fairness.

Stir up within each of us the will to be good stewards of all the blessings of the land we love. Amen.

## Communing with God

After Apollo 11 landed on the moon on July 20, 1969, pilot Buzz Aldrin requested via radio that people pause to give thanks for the achievement in their own way. When his broadcast ended, Aldrin read a verse from the Gospel of John and took communion, which his church had sent to space with him.

"It was interesting for me to think: the very first liquid ever poured on the moon, and the very first food eaten there, were the communion elements," the astronaut said. "At the time, I could think of no better way to acknowledge the enormity of the Apollo 11 experience than by giving thanks to God."

## Mighty to Save

Dr. Kent Brantly, a U.S. medical missionary who contracted the Ebola virus last summer in Liberia, credits a "mighty God" — and lots of prayers — for his survival. After recovering from the disease, Brantly returned to the North Carolina headquarters of Samaritan's Purse, the group he'd been working with in Africa.

He spoke about Deuteronomy 6, saying it's important to remind others of God's acts. "I will never

grow tired of talking of this," Brantly said. "I'm going to keep telling my story so I can remember what God has done in my life."

Then Brantly offered this challenge: "Never think you're just a normal person. If you're pursuing God's calling in your life, he will use you. Even if it's a challenging calling, even if you find yourself in difficult circumstances, he will give you what you need to be faithful to him, even if it's a whole army of people praying for you. Share your story over and over and over so you can remember we serve a mighty God."

## Share your Talents

A talent is worth only what you do with it. Imagine your talent as a plain bar of iron that's worth about \$5.00. That same bar of iron, when made into horseshoes would be worth more than \$10. If made into needles, it would be worth around \$3,500. And if turned into balance springs for watches, its worth would become over \$250,000!

What is your talent, and how are you using it?

## Stillness Can Heal

"Be still, and know that I am God!" (Psalm 46:10, NRSV). People who seek silence and are open to God's presence testify that such stillness and seeking can bring healing. Tension is relieved, stress begins to dissipate, one's inner person feels refreshed and the nearness of God becomes a reality. In the depth of stillness, God's power is present and restoring us to wholeness.

## 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



## "Quotable Quotes"

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

Freedom fails when people decide that it is their right to take and not to give.

—Stanley Maxwell

Life is like a ten-speed bicycle. Most of us have gears we never use.

—Charles M. Schulz

A commitment to love and justice demands the transformation of social structures as well as of hearts.

—Mary E. Hunt

Summer afternoon — summer afternoon; to me those have always been the two most beautiful words in the English language.

—Henry James

Don't pray when you feel like it. Have an appointment with the Lord and keep it."

—Corrie ten Boom

People do not decide to become extraordinary. They decide to accomplish extraordinary things.

—Sir Edmund Hillary

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

—St. Augustine

Opportunity may knock once, but temptation leans on the bell.

—Unknown

The God, who gave us life, gave us liberty at the same moment.

—Thomas Jefferson

I have been driven to my knees many times because there is no place else to go.

—Abraham Lincoln

# God Is the Answer

By Dana Gatlin

## Chapter X

### The Charmed Circle of God's Love

The Light shineth for thee,  
The Light shineth on thee,  
The Light shineth through thee,  
And through thee to bless the world.

This little stanza carries a charm. As you think of God's presence and power, your thought of that presence and power travels out from you in ever-widening circles. What place is there where God is not? What can your thought touch on anywhere, of whatever nature, that is stronger than God? In the charmed circle of God's love there is nothing to hate, nothing to fear.

If there is any condition in your life that causes you dread or worry, that seems antagonistic, that seems more than you can cope with, that arouses uneasiness, a sense of friction, or insurgent uprisings in your mind, pause and remember. Remind yourself:

I walk in the charmed circle of God's love.

I live in the midst of His love.

In my life and in my thoughts I am a medium of God's strength and wisdom and harmony and power.

I go with the currents of God's mighty love: never against.

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

We are helped as soon as we perceive that all our conflict is really mental. Our most insistent and insidious enemies are our own reactions to human situations. God wants to give us His guidance, but our thoughts are too noisy, too confused, too beleaguered with doubts, too anxious, or too selfish and stubborn to be able to hear Him. In effect God says one thing only, over and over: "Let there be love." But this command, even if we catch a

note of it, we often misinterpret and willfully disobey.

God's will is good will toward us, and God's will is for us to love. Our personal will often prompts us to fear, shrink from, resent, or combat certain conditions, circumstances, people. We do not want to love them, or do not see how we can. We draw back into our inner quiverings, impotences, aversions, rebellions. We are mistrustful, fearful. But through and under all circumstances God says one thing: "Let there be love."

God will help us if we sincerely seek Him and let Him. He knows the way out of all human dilemmas. He is the answer.

Sometimes in the turmoil of our disorders it seems difficult to find Him, to feel sure of Him, to understand how He works, and to unify ourselves with His great loving power.

After my first marvelous healing through prayer, I was often distressed by undesirable situations in my world and by uncontrollable doubts, indecisions, and embroilments within myself. My understanding of God, His laws, and His ways had increased-or had it? Sometimes I felt more inadequate, baffled, and torn than when I had first turned to Him.

One day, utterly discouraged, I tried to realize the Father's infolding love and wisdom. But my mind and heart were too full of other things: disappointments, fears, grievances, failings of my own and of other persons. Suddenly it was as if someone spoke to me: "Lift yourself up!"

I was startled and abashed. How sorry and mean my inner self must look to the Father-my shrunken, flabby spirit, discolored by such ugly, bitter things! The voice continued: "Come to yourself! Be strong! For I have not given you a spirit of fear, but of courage and of love and a sound mind!"

I weakly alibied: "I try to realize that, Father, but everything about me keeps going criss-cross, and keeps pulling me down."

"Are these things stronger than I am?" the voice questioned.

"Sometimes I don't seem able to feel Your presence, Father," I answered. "The discord around me is too strong. I know that my worst enemy is the negative thoughts stored in my own heart and mind, but when they rise against me I don't know how to deal with them."

"You don't have to deal with them," He said. "Forget them; remember Me."

I was engrossed with a long list of ills and unanswered prayers that I wished to bring to His attention. But as I started formulating them He interposed, "Forget them! 'Be still, and know that I am God.'"

A dim sense of reassurance and peace began stealing over me, as if against my human will. Then my human self tried to resume its questionings: "But Father--"

"Don't resist! Don't you understand how you are resisting your good?"

"But Father--"

"Don't argue! Trust Me. Trust!" "How can I?" I pleaded. "These conditions are hard and difficult. These people---"

"Be still!" And then: "These ugly things you are so insistent about are figments of the human mind. Why do you let them sully, rend, and destroy you? Forget them."

"But I can't, Father. I don't seem able-don't knowhow--"

"Peace!" commanded the Father. "There is nothing but good. Let all contentions be silenced. Let these torturing false images be dissolved out of existence in your world. I will dissolve them, for I am the solution. The sole solution."

In the deep hush He spoke again: "There is nothing but My power-and My power is love. Let! Let Me!"

As a sense of His meaning spread into my mortally sick and harried soul, I felt a wave of transcendent glory-peace. Yet the inadequate, craven part of me persisted: "While I am here alone with You, Father, I feel strengthened and reassured. But



as soon as I go forth into the world again, into the difficult situations that I dread--"

"You cannot go where I am not. Wherever you go, you can take with you the remembrance of Me. Where I am there is no dissension, no conflict, no disorder, no hate. Wherever you move, you move in the circle of My love. You must carry this thought always with you. It is your most imperative duty, your greatest blessing."

The flood of glory that poured through me then was such as I had never experienced before. Guidance, wisdom, forgiveness, steadfastness, strength: not mine but the Lord's. Wherever I moved, I moved in the charmed circle of God's love! A conveyer of His blessing!

Thank God for the day when you discover there is no enemy, no conflict, excepting that which rages in your own mind. Thank God for the moment when you realize that your most unruly thought can be brought into line. God can and will help you rule these inner tumults of confusion and strife. Your thoughts, reactions, and innermost feelings may seem to rise up against your will, but consider: Is this situation stronger than the invisible but mighty tide of omnipotent love? Your own turbulent thoughts and instincts are embattled only because they are trying to buck His mighty tide. Any moment you can bring them into line by bidding them to cease resisting and go along peacefully with the current.

Spiritual mastery is the most important battle you will ever win. It is a difficult battle from the mortal sense. Only with God's help can you win it. "Let Me!" says God. God brooks no conflict, and He wins by silencing and dissolving every rebellion and contention within your own soul. It is only after this inner victory and in proportion as we are steadfast that we can attain an abiding peace and poise within, a sense of His love and wisdom infallibly controlling and directing

His entire creation.

The Truth that Jesus taught is not a philosophy of life, not a creed, but a way of living. Our conscious connection with God is the important thing. But our knowledge of God and of the Truth that Jesus proved is of little value to us unless it helps us solve our daily problems. When we catch a new glint of understanding, we must apply it and use it in every department of our workaday world if we wish God to work through us and bless us.

The trouble is that we are all humanly out to "get" something, if only what we term our "rights." We are not willing to become a means of expression for the Father through which His glorious all-providing good may flow to bless us and our world. Every inner inharmony arises from the fact that we are personally striving to "get the best of" some situation or some person. We are really striving to exert our personal will over the condition. Our self-concern, our self-importance, our almost unconquerable desire for self-justification cause more dissension and stress than any other element in the human make-up, leaping up and insistently clamoring, "Me! Me! Me!" This is the human traitor within ourselves that bars us from yielding to the will of the Father.

It requires faith and considerable practice to change our mental attitude. It helps me both in reducing my instinct to "get" and my personal sense of effort or conflict to think of myself as a channel through which God's powerful essence of love and wisdom is continually passing. It is conveying itself through my receptive mentality to be transmitted into every department of my visible world. My realization of this makes it easier for me in the spirit of sincerity, conviction, and authority to pronounce spontaneous, heartfelt blessings on adverse situations.

Try it. Bless your distressing circumstance with a realization of God's presence and power. Bless with thoughts of peace and joy the

persons who have affronted you. Bless the conditions that have frightened you. Bless the needs that you have seemed unable to meet, the strangers you pass on the street. Bless even the drudgeries that you have hitherto hated. You are a channel for God. Respect and honor Him by utilizing your full ability willingly and cheerfully. Feel an interest in how well the smallest job may be done. This goes for the upkeep of your personal appearance and your home too. You will be surprised at the improved results both in yourself and in those around you. You will feel better inside too. This is God's way of saying to you, "Well done, good and faithful servant." It is God who gives the increase, and as soon as you merit better circumstances, you may be sure that God will see that you have them.

God knows how; God is trustworthy. God always gives us the answers if we put aside our limited personal self and learn to go with the universal current. Once a very sick man was not expected to live through the night, and a Truth healer was summoned. The healer entered the sickroom and sat silently at the bedside, immersing his whole consciousness in the loving Presence and Power. Presently the sick man stirred and looked up. "Why, it is easy!" he said. "Yes, it is easy," replied the other. "I hadn't expected it to be so easy," said the sick man, dropping off into peaceful sleep. When he woke up, they knew that he was not going to die. "It is easy." Often in spasms of pain or fear these three words have recalled me to remembrance and acted like a talisman. When we trustfully let God take charge, God does not fail.

I live in the love of God. Everywhere I go I carry God's love with me. There is no escaping it. Sustaining me, soothing me, protecting me--yes, even from my own willful, embroiled human thoughts. Guiding me, strengthening me, blessing me, and through me

blessing my whole world with His love and peace. I carry His realm of peace with me wherever my thoughts may travel. Wherever I go, whatever I do, I live, move, and have my being in the charmed circle of God's love.

Here is an ancient French prayer that expresses the creed of the one who has found the Christ way of love and loving service:

"Lord, make me an instrument of Thy peace. Where there is hate, may I bring love; where offense, may I bring pardon. May I bring union in place of discord, Truth to replace error, faith where there is doubt, hope for despair, light where there is darkness, joy to replace sadness. Make me not crave so much to be loved as to love. It is in giving that one receives, in forgetting self that one finds and wakens eternal life."

The inspiration of the Almighty giveth me understanding. "Not by might, nor by power, but by my Spirit, saith Jehovah."

*Love warms me with its spirit of forgiveness. My heart is warm with love toward everybody and everything, and in divine order my mind, my life, my affairs, and my whole world are transformed.*

*I put my faith in His presence and power. Father, I thank Thee that Thou hast broken through the resistance in my consciousness. In the boundless circle of Thy love Thy glorious will is done.*



HOPE Love JOY FAITH Peace

From Page



## One

Happily, that is not so. God works with us to bring into our lives whatever we desire and expect. In God-Mind, there is perfect good for us. God is the Master Builder, but we have provided the blueprint.

It may be difficult to accept the fact that thoughts have any power. After all, what is a thought but a few millionths of a watt of electricity generated in a computer made of flesh, undetectable by all but the most sensitive equipment. How can something so minuscule change our lives which are so complex?

It may even be tempting to think that a thought is not a real thing, but there is no doubt that it is. If it were not, a thought of fear could not increase adrenalin and cholesterol, dilate your blood vessels, and create the many other physical changes in your body. If a thought were not a real thing, then a thought of love could not strengthen the immune system and infuse the body with other beneficial chemicals. Yes, thoughts are things. Thoughts are energy.

Years ago Albert Einstein said that energy and matter are related and that neither is created nor destroyed. Rather, he said, energy is changed into matter and matter into energy.

Since thoughts are energy, our thoughts must affect us. There is no way that they cannot, any more than the energy of a fire cannot affect a piece of coal. Our "thought" energy is transmuted into the "matter," the circumstances, of our lives.

Do you still want your life to change? Then you will have to change the blueprint, because the universe is plastic to your thoughts and desires. The entire universe is waiting for you to tell it what to do. Your thoughts are the blueprint from which it works.



## A Student of Truth

I feel that we in Unity are fortunate that those who first had to decide what to call themselves decided to call themselves Unity students, rather than Unity-ists or something of that sort.

To tell people what you are, you have to say, "I am a Unity student," or even better, "I am a student of Truth." A student of Truth is what I hope I will always be – and what you will always be, whether or not you are a Unity student. For is there anything that anyone in any religion wants more than Truth?

-James Dillet Freeman

## Five Basic Ideas that Make Up the Unity Belief System

1. God is absolute good, everywhere present.
2. Human beings have a spark of divinity within them, the Christ spirit within. Their very essence is of God, and therefore they are also inherently good.
3. Human beings create their experiences by the activity of their thinking. Everything in the manifest realm has its beginning in thought.
4. Prayer is creative thinking that heightens the connection with God-Mind and therefore brings forth wisdom, healing, prosperity, and everything good.
5. Knowing and understanding the laws of life, also called Truth, are not enough. A person must also live the truth that he or she knows.



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Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<b>1</b> <i>AA Men's Group</i> <i>10AM</i>  <i>CA 7PM</i>	<b>2</b> <i>Yoga Class</i> <i>4-5 PM</i>  <i>Ukulele Practice</i> <i>7PM</i>	<b>3</b>	<b>4</b>
<b>5</b> <i>Sunday Services</i> <i>10:30AM</i> <i>Youth Ed 10:30AM</i>	<b>6</b>	<b>7</b>	<b>8</b> <i>AA Men's Group</i> <i>10AM</i>  <i>CA 7PM</i>	<b>9</b> <i>Yoga Class</i> <i>4-5 PM</i>	<b>10</b>	<b>11</b>
<b>12</b> <i>Sunday Services</i> <i>10:30AM</i> <i>Youth Ed 10:30AM</i>	<b>13</b> <i>Prayer Chaplain</i> <i>Meeting 645PM</i>	<b>14</b> <i>Book Club</i> <b><i>Orphan Train</i></b> by <i>Christine Baker</i> <i>Kline @ Bread Co,</i> <i>2PM</i>	<b>15</b> <i>AA Men's Group</i> <i>10AM</i>  <i>CA 7PM</i>	<b>16</b> <i>Yoga Class</i> <i>4-5 PM</i>  <i>Ukulele Concert &amp;</i> <i>Spaghetti Dinner,</i> <i>7:00 pm</i>	<b>17</b>	<b>18</b>
<b>19</b> <i>Sunday Services</i> <i>10:30AM</i> <i>Youth Ed 10:30AM</i>	<b>20</b> <i>Ladies' Night Out,</i> <i>5:30 pm at Billy</i> <i>G's, 131 West</i> <i>Argonne Dr</i>	<b>21</b>	<b>22</b> <i>AA Men's Group</i> <i>10AM</i>  <i>CA 7PM</i>	<b>23</b> <i>Yoga Class</i> <i>4-5 PM</i>  <i>Q &amp; A with Rev.</i> <i>Randy, 7:00pm</i>	<b>24</b>	<b>25</b>
<b>26</b> <i>Sunday Services</i> <i>10:30AM</i> <i>Youth Ed 10:30AM</i>	<b>27</b>	<b>28</b>	<b>29</b> <i>AA Men's Group</i> <i>10AM</i>  <i>CA 7PM</i>	<b>30</b> <i>Yoga Class</i> <i>4-5 PM</i>  <i>Ukulele Practice</i> <i>7PM</i>	<b>31</b> <i>Ladies' Lunch Out,</i> <i>11:30 am at</i> <i>Roberto's, 145</i> <i>Concord Plaza</i>	

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## *Wings*

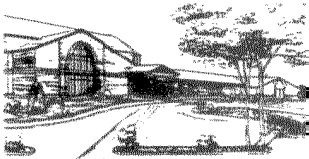
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# The light side — A little holy humor

Why does the sun lighten our hair,  
but darken our skin?

Why can't women put on mascara  
with their mouth closed?

Why is lemon juice made with  
artificial flavor, while dishwashing  
liquid is made with real lemons?

Why don't we ever see this headline:  
Psychic Wins Lottery?

Why is the man who invests all your  
money called a 'Broker'?

Why isn't there mouse flavored cat  
food?

•

Who tastes dog food when it has a  
'new & improved' flavor?

Why didn't Noah swat those two  
mosquitoes  
Why do they sterilize the needle for  
lethal injections?

Why are they called apartments  
when they are all stuck together?

Why do they call the airport 'the  
terminal' if flying is so safe?

Why do we say something is out of  
whack? What is a whack, anyway?

Why are a wise man and wise guy  
opposites?

Why do "overlook" and "oversee"  
mean opposite things?

Why isn't 11 pronounced onety one?

Why is a person who plays the piano  
called a pianist, but a person who  
drives a racing car not called a  
racist?

Why do women wear evening gowns  
to nightclubs? Shouldn't they be  
wearing nightgowns?