

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

May 2015

- ❖ Inspiration
- ❖ Information
- ❖ Illumination

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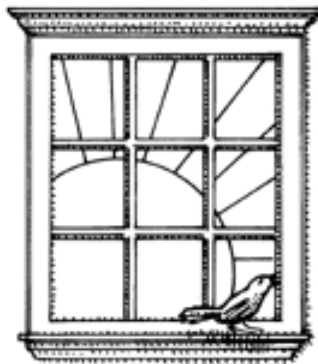
Humor

God Is the Answer
Dana Gatlin

The Call from Home

By J. Douglas Bottorff

Hitherto we have turned our heart and efforts toward the external for fulfillment of our desires and for satisfaction, and we have been grievously disappointed. The hunger of everyone for satisfaction is only the cry of the homesick child for its Father-Mother God. It is only the Spirit's desire in us to come forth into our consciousness as more and more perfection, until we shall have become fully conscious of our oneness with All-perfection. Man never has been and never can be satisfied with anything less.



One of the outstanding features of the Unity teachings is their ability to instill the feeling of familiarity. Though I was quite young when I discovered this work of Emilie Cady's that we are now considering, something in me felt like it had come home, like a lost connection I had forgotten had been restored.

By social and cultural default, we have been trained to seek outside of ourselves the remedy to the inner homesickness, that sense

that something deep and important is missing. In truth, nothing is missing. We have simply been trained to look in all the wrong places for the satisfaction we

instinctively crave. Like the prodigal son, we have pursued this missing something in the far country of positions of authority, money, relationships, and a host of other things that promise but fail to satisfy our longing for home.

When we read or hear words from home, we know they are true.

Everything in our being recognizes them. We need no one to confirm that they are true. We know they are true. The prodigal son was not advised to go home. He reached a point where he knew he was away from his real home. Severe lack forced him to come to himself, arise, and go to his father.

His decision to return home resulted in his being clothed in abundance. Heeding the call from home, his homesickness was cured. The power of this parable lies in the fact that it is about you and me.



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At our **annual meeting** on April 26th Marilyn Milonas and Chuck Seger were elected for a second term and Mark Whittington to his first term on our church board. We extend heartfelt thanks and appreciation to outgoing member Heather Rhodes Wilson for her generous years of service.



May Birthdays and Pot Luck Lunch: Join us after the service on the 17th to enjoy a pot luck lunch and celebrate all those who have a birthday this month.

Sign Up Now for New Photo Directory!
On May 20th, 21st, 22nd, and 23rd, Lifetouch Photography will be taking individual and family portraits for a new edition of our church directory. Each participating family will receive a free, professional, full color, 8x10, along with a free copy of the new 2015 directory. Sign-up sheets are available in the church lobby.

This month the **Ladies' Night Out Group** will meet at 5:30 on May 18th at Ari's at the corner of Lin Ferry and Tesson Ferry (9992 Lin Ferry). 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 May 29th at 11:30 at Ruby Tuesdays, Sunset Hills shopping center. Call Judie Henley at 314-487-3938 so she can make a reservation.



May 12: The Guernsey Literary and Potato Peel Pie Society by Mary Ann Shaffer and Annie Barrows
June 9: The Book Thief by Markus Zusak
July 14: Orphan Train by Christina Baker Kline
August 11: Boston Girl by Anita Diamant
September 8: Finding Peter by William Peter Blatty
October 13: To Kill a Mocking Bird by Harper Lee

Congratulations and Best Wishes to Claire Gibbs and Daisy Gebhardt who are graduating this month. We are very proud of you both!

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 is associated with a national group called Ample Harvest which encourages people to donate any excess produce their garden grows to a local food pantry. They are always thrilled to have fresh fruit and vegetables to give out to their clients and would be glad to receive any extra produce from your home garden.

www.feed-my-people.org

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 has been given a new makeover and is now open for business at its new location near the elevator. 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.

May Affirmations



Inner Peace: I focus on the tranquil peace within me.

Guidance: In the Silence, I know what is mine to do.

Healing: I am renewed in God's healing light.

Prosperity: I am prosperous in all ways.

World Peace: Peace begins with me.



Hospice Nurse Reveals Patients' Greatest Regrets before Dying

When we reach the end of our lives, do we have any regrets? What stopped us from doing what we should, or what we were called to do? One palliative care nurse, working for years with the dying, shared the top five things she hears from patients as they pass on.

1. I wish I'd had the courage to live a life true to myself, not the life others expected of me.

This was the most common regret of all. When people realize that their life is almost over and look back clearly on it, it is easy to see how many dreams have gone unfulfilled. Most people had not honored even a half of their dreams and had to die knowing that it was due to choices they had made, or not made.

2. I wish I didn't work so hard.

This came from every male patient that I nursed. They missed their children's youth and their partner's companionship. Women also spoke of this regret. But as most were from an older generation, many of the female patients had not been breadwinners. All of the men I nursed deeply regretted spending so much of their lives on the treadmill of a work existence.

3. I wish I'd had the courage to express my feelings.

Many people suppressed their feelings in order to keep peace with others. As a result, they settled for a mediocre existence and never became who they were truly capable of becoming. Many developed illnesses relating to the bitterness and resentment they carried as a result. We cannot control the reactions of others. However, although people may initially react when you change the way you are by speaking honestly, in the end it raises the relationship to a whole new and healthier level.

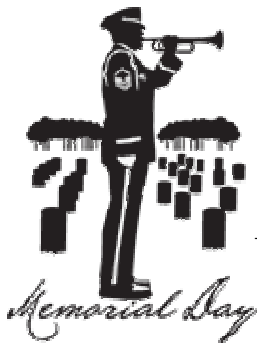
4. I wish I had stayed in touch with my friends.

Often they would not truly realize the full benefits of old friends until their dying weeks, and it was not always possible to track them down. Many had become so caught up in their own lives that they had let golden friendships slip by over the years. Everyone misses their friends when they are dying. It is common for anyone in a busy lifestyle to let friendships slip. But when you are faced with your approaching death, the physical details of life fall away. It all comes down to love and relationships in the end.

5. I wish that I had let myself be happier.

This is a surprisingly common one. Many did not realize until the end that happiness is a choice. They had stayed stuck in old patterns and habits. The so-called 'comfort' of familiarity overflowed into their emotions, as well as their physical lives. Fear of change had them pretending to others, and to themselves, that they were content. When you are on your deathbed, what others think of you is a long way from your mind. How wonderful to be able to let go and smile again, long before you are dying.

<http://faithhub.net/regrets-before-dying>



Thoughts on Memorial Day

"There never was a good war or a bad peace."

—Benjamin Franklin

"Ours is a world of nuclear giants and ethical infants. We know more about war than we know about peace, more about killing than we know about living. We have grasped the mystery of the atom and rejected the Sermon on the Mount."

—General Omar Bradley

"Quotable Quotes"

Mothers write on the hearts of their children what the world's rough hand cannot erase.

—Author unknown

If you have a mom, there is nowhere you are likely to go where a prayer has not already been.

—Robert Brault

If at first you don't succeed, do it like your mother told you.

—Author unknown

My mother had a great deal of trouble with me, but I think she enjoyed it.

—Mark Twain

For happiness one needs security, but joy can spring like a flower even from the cliffs of despair.

—Anne Morrow Lindbergh

Let us be grateful to people who make us happy; they are the charming gardeners who make our souls blossom.

—Marcel Proust

Why shall I wait for someone else? Why don't I raise my voice?

—Nobel Peace Prize winner
Malala Yousafzai, age 17

The purpose of life is not to be happy. It is to be useful, to be honorable, to be compassionate, to have it make some difference that you have lived and lived well.

—Ralph Waldo Emerson

In the time of your life, live — so that in that wondrous time you shall not add to the misery and sorrow of the world, but shall smile to the infinite variety and mystery of it.

—William Saroyan

Success is getting what you want. Happiness is wanting what you get.

—Dale Carnegie

God Is the Answer

By Dana Gatlin

Chapter VII -- Continued

The Power and the Glory

"Thine is ... the power, and the glory." It is in this uplifted, jubilant consciousness that you behold the kingdom of God. Not "Lo, here! or, There," but in the "secret place" within yourself where you recognize your unseverable relationship with "our Father." "Thy kingdom come. Thy will be done, as in heaven, so on earth." It is from this marvelous inner beholding place in ourselves that the great, loving Spirit pours Himself forth, to change our misguided human thoughts, to up build our inner self to loftier stature, to bring forth peace and joy and success in us, to transmute our whole being, and to transform our entire world.

"As Thou keepest the stars in their courses, so shalt Thou guide our steps in perfect harmony, without clash or discord of any kind, if we but keep our trust in Thee. For we know Thou wilt keep him in perfect peace whose mind is stayed on Thee, because he trusteth in Thee. We know that, if we acknowledge Thee in all our ways, Thou wilt direct our paths. For Thou art the God of Love, Giver of every good and perfect gift, and there is none beside Thee. Thou art omnipotent, omniscient, and omnipresent, in all, through all, and over all, the only God. And Thine is the kingdom, and the power, and the glory, forever. Amen."

Chapter VIII

I Now Am True

We entertain a certain thought or use a certain statement over and over without grasping what it really means. We may think we comprehend it fully, but then suddenly a deeper, more vital, more compelling meaning strikes us, and the result is electrifying. It is as if we

had never even remotely grasped the meaning of the words before.

It was so with me one day when repeating *The Prayer of Faith*. Every statement in the prayer is so beautiful, so comforting and strengthening that I have always loved to ponder the phrases and steep myself in their wonderful promises and assurances of security, love, and peace. I thought I had grasped their full message. But as I repeated the words I now am wise, I now am true," I was arrested suddenly as if by a flash of blinding white light.

"I now am true" – just what were these words I was saying? Just what kind of responsibility was I assuming, what kind of obligation was I putting on myself? And it came to me suddenly, in that brief vivid blaze of revelation, that this was really my only responsibility, that it was the only obligation God would ever put on me, and that if I faithfully fulfilled my part in this matter between Him and myself - if only I were true - He surely would take care of everything else.

Everything! No matter by what adverse aspects I was seemingly surrounded--sickness, pain, inharmonious, depression, poverty, failure--it came to me sharply that these were merely opportunities to prove the Truth; that they were false ills, to be routed simply by my being true.

The simplicity of it was what electrified me. The complexities of life, the endless, interwoven ramifications of my obligations both to my personal world and to God had put a strain on my attention and had bewildered and frightened me. But now, in that one brief flash--oh, so simple, so blessedly simple!--it was as if I had encountered a signpost in the dark and confused strivings of my own mental world. Here was something to steer by. Four words out of my own thought would always bring me back sharply whenever I should get lost or stray: "I now am true."

Of course it put the proposition up to me squarely. And the

proposition still held its innumerable, interlocking human ramifications, but under that blazing flood of illumination I felt a thrill of strength and purpose such as I had never felt before, a thrill of thanksgiving to my Creator for displaying my sole responsibility to myself in terms so unmistakable, forceful, and clear.

"I now am true." True to what? Why, true to God of course!

When I doubt God I am not being true. When I doubt Him as the supreme, the one and only power, I am not being true. Nothing can stand against God. He simply is. In the midst of His wide, variegated creation, He is divinely unaware of small, personal angles and tangles and jangles. He is aware only of the glory and perfection of His creation. He beholds it operating smoothly, easily, perfectly, a process infinitely simple and ordered throughout its infinite multiplicity of operations. He takes no account of any disorder, discord, or confusion. There is no possibility of this where God is. "With God all things are possible," but with Him there is no possibility of the slightest inharmonious, the least weakness, the faintest disturbance or doubt, or anything that in any wise deviates from His divine institution of what is eternally adjusted, glorious, good, full, and free. God stands in the midst of His creation, ruling easily and effortlessly according to His steady, undeviating, unbreakable laws of harmony, completeness, and all good.

When I begin to suspect that there may be something in this world that can stand against the power of God, I am not being true. When I doubt that anything in my experience of the manifest, man-directed world is essentially "good," I am not being true. I, and others about me, may have worked havoc by our human misconceptions and our misoperation, and certain appearances may of course result that are far from satisfactory. But these are merely distorted effects that engage and disturb my human attention, that fill

and disturb my human consciousness. They do not engage or disturb God's attention. In God's consciousness they do not exist. With God all that exists-His creation and His operation of His creation-is good, unassailable, and complete-nothing but good. With God there is simply no question of anything else. Everything is good and functions gloriously, smoothly, and well.

God exists in His creation-in you and in me, and in everything that may ever happen to, in, or around us-as the omnipresence of good; not as anything evil, or menacing, or disturbing, or frightening, or ugly, or weakening, or painful, or imperfect. None of these things-no! He is the omnipresence of good. All good, already created, the full glory of all good, which in our human natures you and I can scarcely perceive, yet which is in you and in me, functioning for you and for me. Anything contrary to this God does not countenance. He is the omnipresent good in His creation and as the Spirit of good He occupies and rules every part of our being.

This is the way God views His creation, the way He views you and me. If you and I view ourselves differently, if we view the things that happen to us or around us in this mortally manifest world in any way that God would not view them, then we are not being true to God.

God is the omnipresent good, and as the Spirit of good He occupies every part of my being. Think what that means. God knows this truth, recognizes nothing opposed to it, but He wants me to know it too. He wants me to know and believe and feel it, and live it, and manifest it in every department of my being. More, He demands that I know, believe, feel, live, and manifest it. This is the only requirement He makes of me, that I recognize and accept this omnipresence of good-I in Him and He in me-over and beyond and despite any seeming limitations of the sense world. If I recognize and accept Him, if I see and honor Him

as the infallible, illimitable, infinitely ordered omnipresence of good in my life, and if I regard anything else as of no account whatsoever, then His Spirit will come forth in me and manifest His fullness of good even in my mortal life, so that I shall not have room enough to receive the blessings.

But I must be true. True to God. True to my revelation and acceptance of Him. In the face of repeated false seemings I must be true. The false seemings are the result of misguided, willful, human conceptions that did not have their origin in or authority from God. If they are in any way imperfect, inharmonious, weak, or ugly, in God they have never had any existence, do not exist now, and will never exist. They are but the fruit of man's distorted imaginings, his human perversity and willfulness. They are ugly clouds of unhappiness, dissatisfaction, lack, strife, and pain. No man really likes them very well, the misfortunes and struggles and trials of the man-managed world. But there is always one thing any man can do-the only thing to do: Remember that in God's sight they do not exist, that God's creation is ordered, perfect, and that in it God rules supreme.

But how do I know that God will bring His perfection into manifestation for me? you may ask. Everything around me is chaotic and wrong. Nothing is right. I am sick, I am poor, and I am unhappy. How can I just throw these things away when they constitute the very fibers of my life?

If you ask some such question as this, you yourself have given the answer as to why you should throw them away: Because you have made these imperfections the very fibers of your life and have woven them into a structure that is neither reliable nor pretty, you must somehow manage to throw them away before they destroy you. You must find the courage simply to toss aside as of no account every condition and phase of your life that fails to measure up to the

standard of "omnipresent good" and come, empty handed as it were, to the throne of God.

"Here I am, Father," you will say. "All that stood between us I have thrown away. They were sorry things, but that no longer matters. All those fallings short, failures, dissatisfactions, and troubles are gone-they do not count a whit. I know that You are the omnipresent good, that You will help me and show me what to do. I of myself can do nothing, but I know that You will instruct and direct me. I rely solely on You, from the bottom of my heart I am relying on You. There are clouds and shadows still behind me, but I have turned my back on them, for I know that for You they do not exist. I know that in Your creation all is prepared and ordered, and that You have a bright, clear path for me to follow. Show it to me, Father. See, I have come empty handed. I put my whole trust in You."

If your longing is sincere and your heart is true, God will not fail you.

In reality God never fails. He cannot fail. It is only you yourself, in your misconception of Him and your failure to trust in Him, who can ever fail. When you recognize this fully, you will accept God fully, and your life will be transformed. God knows His own power, but before you can build your earthly life around it, you yourself must know it. Even though the most adverse appearances seem lined up against you, you must be able to say from the bottom of your heart: "These things do not matter a whit, for they are not true of God. God will shine through them and dissolve them as sunlight dissolves shadows. God is in charge in His realm of Spirit, and nothing can stand against Him. My trust is in God. He will tell me in plenty of time what I of my human self should do."

Does this seem far-fetched; does it seem too vague, lazy, and lackadaisical? Yet it is not vague. It is the only way that the human mind

may rid itself of its insufficiency, and lift and merge itself with the Mind of God. It often requires much courage for the human mind to cast off its human props in this fashion, but when you have become absolutely true you will know that you are taking no risk. You will know from the depths of your being that of yourself you can do nothing, but that "with God all things are possible." You will gladly drop your doubts, confusions, inadequacies, and hesitations so as to let God through. You will thrill with the knowledge that God is in charge. With that thrill of joyous conviction you will say, "God is--God can--God will!" When you feel the power of God working in you and prompting you, you will find there is nothing lazy or lackadaisical about it.

God rules. When you are true, you will know this, you will not for a moment believe anything else. You will not fret and waste your energy trying to imagine how He is going to help you. Some time ago an article by Jan Debonheur in *Weekly Unity*, "Prove Me," put this point so clearly and forcefully that I should like to repeat it:

"Suppose your house is burdened by a mortgage; suppose you have no idea where your next meal is coming from; suppose you are suffering from what the world believes to be an incurable disease. If you can say, 'Father, I thank Thee that it is done,' from the bottom of your heart and accept your good in place of the seeming evil, then the Red Sea before which you are standing will divide and you shall pass over safely.

"Never mind how--do not try to imagine how. More manifestations of good have been held up by the 'hows' of the human mind than by anything else. You do not have to question the law. 'I am the way: 'Prove me.' "

If I am true! How then, after I have glimpsed Him when I have felt Him, have listened to His promises, can I ever be false to Him in my human feelings or words or deeds or most secret thoughts? How can I ever

let my mind be tormented and my spirit stung by any outer event or circumstance? By strugglings or disappointments? By weakness and pain? By fears, janglings, contentions, resentments, condemnations, and spites? Such ugly turmoils have no place in God--they are not even remotely connected with His "omnipresence of good." But if I clog my mind with them, clog my life, I am devoting myself to something else than God. I am willfully cluttering and blocking the channel through which I receive my help from Him. In such case how could I expect to receive the blessings for which I have prayed? The trouble with the majority of us, even when we pray, is that we give so much attention to our ills, problems, and trials, that we pay scant attention to God and the laws of God. Or thinking we are sincerely praying, we keep our attention strained on the effects, the material results that we desire. We want God to rule our material world, without letting Him rule our spiritual world. This cannot be done. It is in spirit that we are children of God and all is harmonious, perfect, complete. The spiritual world comes first. It is there we receive the blessings that have already been prepared for us. We must learn to abide there, to abide the coming of our Lord. He will certainly come if we are true; and if we are true, the blessings we desire will certainly come forth gloriously for us in our manifest life.

"Not by might, nor by power, but by my Spirit saith the Lord."

My life is centered in the Spirit within me with Christ in God.

God is. God can. God will.

"I know that God is the omnipresent good, and that God occupies, as the Spirit of good, every part of my being."

My life, and everything entering my life, is a glorious, completely

harmonious, and infinitely ordered thing of beauty, under the direction and control of the one divine power."

I now am true! I have faith in God, faith in my neighbor, faith in myself.

Father, I thank Thee for this light that Thou hast given me, by which under all earthly circumstances I may be guided. I thank Thee for Thy living presence and for Thy promises that are eternally true.

--Next chapter continued in June

The Prayer of Faith

By Hannah More Kohaus

God is my help in every need;
God does my every hunger feed;
God walks beside me, guides my way
Through every moment of this day.

I now am wise, I now am true,
Patient, kind, and loving, too;
All things I am, can do, and be,
Through Christ the Truth, that is in me.

God is my health, I can't be sick;
God is my strength, unfailing, quick;
God is my all, I know no fear,
Since God and Love and Truth are here.

power For thine is the kingdom, and

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2 Choir Rehearsal 9AM
3 Sunday Services 10:30AM Youth Ed 10:30AM Bell Choir 12PM	4	5	6 AA Men's Group 10AM CA 7PM	7 Yoga Class 4-5PM Ukulele Practice 7PM	8	9 Choir Rehearsal 9AM
10 Mother's Day Sunday Services 10:30AM Youth Ed 10:30AM Bell Choir 12PM	11 Prayer Chaplain Meeting 6:45PM	12 Book Club The Guernsey Literary and Potato Peel Pie Society by Mary Ann Shafer & Annie Barrows Bread Co 2PM	13 AA Men's Group 10AM CA 7PM	14 Yoga Class 4-5PM Prayer Chaplain Trainer's Workshop	15 Prayer Chaplain Trainer's Workshop	16 Choir Rehearsal 9AM Prayer Chaplain Trainer's Workshop
17 Sunday Services 10:30AM Youth Ed 10:30AM Bell Choir 12PM Birthday Potluck	18 Ladies' Night Out, 5:30PM at Ari's, 9992 Lin Ferry	19	20 AA Men's Group 10AM CA 7PM Photo's for Directory	21 Yoga Class 4-5PM Ukulele Practice 7PM Photo's for Directory	22 Photo's for Directory	23 Choir Rehearsal 9AM Photo's for Directory
24 Sunday Services 10:30AM Youth Ed 10:30AM Bell Choir 12PM	25 Memorial Day	26	27 AA Men's Group 10AM CA 7PM	28 Yoga Class 4-5PM	29 Ladies' Lunch Out, 11:30AM at Ruby Tuesday, Sunset Hills	30 Choir Rehearsal 9AM
31 Sunday Services 10:30AM Youth Ed 10:30AM Bell Choir 12PM						

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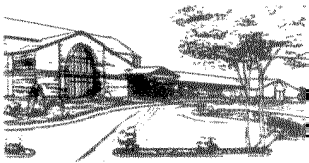
THE MAY 2015 NEWSLETTER OF
FIRST UNITY CHURCH OF ST. LOUIS

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The light side — A little holy humor

It was Palm Sunday but because of a sore throat, 5-year-old Johnny stayed home from church with a sitter. When the family returned home, they were carrying several palm fronds. Johnny asked them what they were for.

"People held them over Jesus' head as he walked by," his father told him.

"Wouldn't you know it," Johnny fumed, "the one Sunday I don't go and he shows up."

Two boys were walking home from church after hearing a strong preaching on the devil. One said to the other, "What do you think about all this Satan stuff?"

The other boy replied, "Well, you

know how Santa Claus turned out. It's probably just your dad."

One Easter Sunday morning as the pastor was preaching a children's sermon, he reached into his bag of props and pulled out an egg. He pointed at the egg and asked the children, "What's in here?"

"I know, I know!" a little boy exclaimed, "pantyhose!"

Several children found a dead robin. Feeling that a proper burial should be performed, they secured a small box and some cotton batting, dug a hole in the back yard, and made ready to dispose of the deceased. The minister's 5-year-old son was chosen to say the prayer. And so with great dignity, he

intoned, "Glory be to the Father...and unto the Son...and into the hole he goes."

The Sunday School teacher was describing that when Lot's wife looked back at Sodom she turned into a pillar of salt, when Bobby interrupted. "My mommy looked back once while she was driving," he announced, "and she turned into a telephone pole."

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

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