

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 2015

- ❖ Inspiration
- ❖ Information
- ❖ Illumination

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God Is the Answer
Dana Gatlin

The Unifying Force

In the late 1980s, Lieserl, the daughter of the famous genius, donated 1,400 letters, written by Einstein, to the Hebrew University, with orders not to publish their contents until two decades after his death. This is one of them, for Lieserl Einstein.

“When I proposed the theory of relativity, very few understood me, and what I will reveal now to transmit to mankind will also collide with the misunderstanding and prejudice in the world. I ask you to guard the letters as long as necessary, years, decades, until society is advanced enough to accept what I will explain below.



There is an extremely powerful force that, so far, science has not found a formal explanation to. It is a force that includes and governs all others, and is even behind any phenomenon operating in the universe and has not yet been identified by us.

This universal force is LOVE. When scientists looked for a unified theory of the universe they forgot the most powerful unseen force.

Love is Light that enlightens those who give and receive it.

Love is gravity, because it makes some people feel attracted to others.

Love is power, because it multiplies the best we have, and allows humanity not to be extinguished in their blind selfishness.

Love unfolds and reveals.

For love we live and die.
Love is God and God is Love.

This force explains everything and gives meaning to life. This is the variable that we have ignored for too long, maybe because we are afraid of love because it is the only energy in the universe that man has not learned to drive at will.

To give visibility to love, I made a simple substitution in my most famous equation.

If instead of $E = mc^2$, we accept that the energy to heal the world can be obtained through love multiplied by the speed of light squared, we arrive at the conclusion that love is the most powerful force there is, because it has no limits. After the failure of humanity in the use and control of the other forces of the universe that have turned against us, it is urgent that we nourish ourselves with another kind of energy...

--Continued on Page Six



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WINGS NEWSLETTER

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OFFICE HOURS

Mon. – Thu. 9am – 3pm
Church phone: 314-845-8540
Minister's home: 314-5203440 Fax: 314-845-0022

www.firstunitychurchstlouis.org/
Silent Unity: 1-800-669-7729

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Prayer Chaplain Retreat

October 16-17
Sisters of St. Joseph of Carondelet
5400 Minnesota Avenue
St. Louis, MO 63111

Parking Lot, Book, & Bake Sale

October 24
8:00 a.m. to 1:00 p.m.
for more information, contact: Cathy @
(314)486-1173 and Linda @ (314) 308-
3507 for the bake Sale.

This month the **Ladies' Night Out Group** will be at Rib City, 1181 Colonade, 63131 off Manchester in West County, October 19 at 5:30. For more information call Mary Tumminello Home: 314-843-1807 Cell: 314-814-4530.



October 13: To Kill a mocking Bird by Harper Lee
November 10: Myrtle Fillmore, Mother of Unity by Thomas Witherspoon

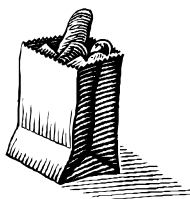
December 8: Boys in the Boat by Daniel James Brown
(Anyone who wants to attend the meetings are welcome, male or female, whether they have read the book or not.)

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.



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. 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, 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.

Coming Soon:

Dean Wiegert in Concert: November 21, 7:00 p.m.

Route 66 Jazz Band Concert & Chili Dinner: December 2



October Affirmations

Inner Peace: I am completely and divinely loved.

Guidance: God guides

me on my unique path.

Healing: I attune to wholeness and express perfect health.

Prosperity: I am fearlessly and wondrously prosperous.

World Peace: I nurture peace by loving myself and others.

What is Unity? Unity is a family of loved ones drawn together by their mutual belief in an idea. The idea that holds us is that of a good and all-powerful God whose love indwells us and gives us everything we need to live happy, healthy, productive lives. This idea and the people who believe it have created incredible blessings of positive thought and prayer for our world. Our history is filled with stories of answered prayer, prosperity demonstrations, miracles of healing, and peace. Our future holds no less, for as each of us unfolds as God's beloved expression, our individual spiritual growth speeds the spiritual development of our world.

-Connie Fillmore



Unprecedented Love

Whether you understand it or not, God loves you, is present in you, lives in you, dwells in you, calls you, saves you and offers you an understanding and compassion which are like nothing you have ever found in a book or heard in a sermon.

—Thomas Merton,
The Hidden Ground of Love

A Table Blessing for Children

We thank you, God, for happy hearts,
for rain and sunny weather.
We thank you, God, for this our food,
and that we're all together. Amen.

A Far-reaching Touch

As we move around this world and as we act with kindness, perhaps, or with indifference or with hostility toward the people we meet, we are setting the great spider web atremble. The life that I touch for good or ill will touch another life, and that, in turn, another, until who knows where the trembling stops or in what far place my touch will be felt.

—Frederick Buechner

Sermons around us

William 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!



All Is Forgiven

In his short story "The Capital of the World," Ernest Hemingway writes of a young man named Paco who had been kicked out of his home. Paco was wandering Madrid's streets, hoping to become a bullfighter.

Paco's father, desperate to mend the rift between them, resorted to putting an ad in the local newspaper. It said, "Paco, meet me at the Hotel Montana at noon on Tuesday. All is forgiven!"

On Tuesday, 800 young men named Paco showed up at that hotel, longing for restoration and forgiveness.

Like Paco's dad, our heavenly Father takes the first step. He invites us prodigal sons and daughters to come home. God won't turn away or disappoint anyone. He offers total forgiveness, without conditions, to all.

The Blessings of Being Still

A Christian at a retreat center saw this sign on a walkway path: "Don't just do something. Stand there."

The sign hinted of Psalm 46:10 (NRSV): "Be still, and know that I am God!" Only by being still can we sense God's presence and know him intimately. Experiencing calmness requires taking frequent respites from our feverish lives.

When Jesus visited the home of Mary and Martha, Mary sat quietly at his feet - observing, listening, learning. Martha, however, was fretting about, "distracted by many things," fuming because Mary offered no help at all.

Jesus, sensing Martha's fury, told her to stop dashing about because there was need of only one thing: focusing on Jesus, his fellowship, his teaching and his friendship.

"Mary has chosen the better part," the Lord said to busy Martha (Luke



10:42, NRSV). When we make the choice to be still, we choose the better part as well.

"Quotable Quotes"

I'm so glad I live in a world where there are Octobers.

—L.M. Montgomery,
in *Anne of Green Gables*

Every leaf speaks bliss to me,
fluttering from the autumn tree.

—Emily Brontë

If we have no peace, it is because we have forgotten that we belong to each other.

—Mother Teresa

The greater perfection a soul aspires after, the more dependent it is upon divine grace.

—Brother Lawrence

Forgiveness can remarkably restore our relationships, renew our spirits and revitalize our lives.

—William Arthur Ward

Your temper will improve the longer you keep it.

—Anonymous

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

—Voltaire

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

—Henri Nouwen

What is more unwise than to mistake uncertainty for certainty, falsehood for truth?

—Cicero

Speak when you are angry and you will make the best speech you'll ever regret.

—Ambrose Bierce

God Is the Answer

By Dana Gatlin

Chapter XIII

My Victorious Spirit

Are things going ill with you? Do you blame an unjust world, individuals, or the weight of unfavorable circumstances? Does the very spirit within you feel discouraged, crippled, embittered, and sore?

Then it is up to you to do something speedily. A sick body or an ill state of affairs is as nothing compared to a sick spirit. A sick spirit must be restored. And no one but you can attend to its restoration, just as no one but you is responsible for its weakened condition.

You might as well admit this fact to start with. Nothing in the world can weaken or injure you, excepting as you yourself allow it to do so. By your own negative feelings and reactions to the outer world you have permitted your living spirit to be retarded in its development. Today-this moment-you can decide to change. Make up your mind to choose the better way, the only way for dependable security and success. Say to yourself, "This is the day." Know for yourself, from the innermost springs of your being, that you are aided by a mighty tide of invincible strength that flows from deep within you-the very power of God.

Know this until it overwhelms every opposing belief: "I have the power. More power than I know-full power. All the power that God has is mine -God-power. All the God-power I can perceive, accept, and use. The power to love, to think and plan and build constructively. The power to use positively. The power to bless, to remedy, to heal. I have this power. The power to strengthen, to improve, to beautify, to grow, to glow, to serve, to aid, to develop, to enrich; to know, and know, and *know*

until the glad blessings I have evoked from God's invisible realm shall come forth into full, splendid, unadulterated fruition-I have this power."

We must somehow find our strength, learn courage and stanchness, and enlarge our soul. Perhaps that is why certain trials are necessary. A worldly friend of mine once commented, "Of course we all need God. What some of us need is a kick in the pants, but doubtless that's God acting in one of His capacities." In a sense I agree with my friend. God does not want us to be futile and despairing, but we must come to ourselves and lift ourselves up toward the Father before He can help us. So if any material frustration starts us to behaving as if we were God's children, it has veritably kicked us into the realm of blessings.

"Now are we children of God." What does this glorious and sweeping statement mean to you? God functions for us at the very source of our being. If you want more power, more confidence, more security, more harmony, more success, more love, you seek and find it within yourself first.

The imperative thing for you to do is to choose the kind of mental abode in which you want to live, and then with every ounce of your resolution begin building it. Call it what you like, your state of mind, your consciousness, your character, or your spirit. It is that by which you live, by which you will stand or fall. If it is flabby, weak, disjointed, cramped, timid, suspicious, ugly, or in any way unsatisfactory, it certainly needs reconstructing, restoring. And restored it can be. God will help you in your faithful efforts so that you can accomplish a great deal. He will improve and enlarge your vision, and in ways you do not dream of He will bring it to pass if only you are true to your new purpose and to every new light that you receive.

We generally try to improve our lot by concentrating doggedly on the outer appearance of things. There are

so many aspects with which we can find fault, so many "things" that we desire and the acquisition of which we think would make us happier. Because we don't succeed in our outer enterprises we often claim that we are "unlucky"-but it "is not in our stars, but in ourselves, that we are underlings." Within ourselves necessary and "righteous" alterations must be made before our rightful acquisitions will come naturally and harmoniously.

The condition of my spirit is up to me; the condition of your spirit is up to you. What is this "spirit"? It is invisible; nobody ever sees it, but it marks and colors everything you think or say or do.

In turn it is marked and colored by everything thought or said or done by you. Whether it be in the "right spirit" or in the "wrong spirit," the spirit in which you do anything is more important than the thing you may do.

"Not by might, nor by power, but by my Spirit, saith Jehovah of hosts." "It is the spirit that giveth life." The spirit gives life. Your spirit and my spirit is our point of contact with the life that animates us. It is our only possible point of union and identification with our heavenly Father. Everywhere around us we see tangible effects of this most vital intangible, indicating whether the individualized spirit is true-rooted, vigorous, flourishing, or whether it is drooping, tainted, famished, and bound.

The spirit in which you do any work interpenetrates, colors, and stamps the product. The spirit of any enterprise denotes its caliber. The spirit of any individual is that which shines forth in him by which we determine his character, his nature, his breed. It signalizes itself in his actions and reactions. It vitalizes him, or else reveals through him its own devitalization. In time it sets its imprint visibly for all to see.

When you see a pinched, shriveled, careworn face, can you imagine how the spirit animating that

face became pinched, distressed, and starved before the outer stamp was affixed? The spirit of some of us gets distended and swollen with our worldly estimates and prides and personal conceits. But like any balloon it is easily pricked and deflated. When nothing is pumped into it from the outside any longer, there is nothing left inside; it has forgotten the source of its supply, hence it collapses.

Every thought you think, every belief you entertain, every emotion you foster is leaving its brand on your spirit, either to constrict, enfeeble, and mar, or to enlarge, strengthen, ennoble, and bless. Which choice are you making? Which way are you building?

It is human nature to magnify difficulties, to worry, fret, censure, and complain. Thus is brought about most of the ills that flesh is heir to. Psychologists and physicians agree that it is the individual's attitude toward his burden that makes it seem light or heavy. If you think your ten-pound load weighs a ton, it will bear you down.

A physician has stated that most people who are "overworked" are more properly speaking the victims of poor physiological habits and of even more harmful mental habits, the most preponderant and baneful of which is intense self-concern and worry. Another physician, recently returned from several years of medical research in China, declared in a newspaper interview that high blood pressure and angina pectoris are unknown among the Chinese. He and his medical associates attributed the absence of these diseases (so prevalent in our own country) not to diet or to racial characteristics, but to the philosophy of the Chinese. They do not worry.

According to these authorities of medical science, you can easily see what a poor policy it is to feel that "things are against you" or that conditions are "hard." How much poorer this policy is when you take cognizance of that mighty reservoir

of spiritual power which is ever ready to supply every human need and which must necessarily "stand under" and sustain every material manifestation.

But God Himself cannot help us if we deny Him. Every time you think a negative, adverse, limited, or hostile thought, you are denying, defying, and defiling God. Not that you can hurt or change God. He still loves you, and wishes only for you to come to yourself and to your rightful estate, but you are the sole arbiter of your mind and personal destiny. That is why it behooves you to take heed.

Did you ever pause to consider how your spirit would look if it were plainly visible? Once I did so, and the vision was not pleasing. Since I deal with words and love words I sought for every word that would best describe my spirit as I should like it to be. I made a sort of "treasure map" for my soul:

Stanch, sane, substantial-strong.
Happy, harmonious, healthy-whole.
Quickened, awake, alert-alive.
Unbound, untrammelled, soaring-free.
Buoyant, vibrant, resilient, grateful-glad.
Untarnished, flawless, radiant-true.
Courageous, dauntless, reliant-unafraid.
Poised, confident, assured-secure.
Useful, cheerful, friendly-kind.
Magnanimous, generous, forgiving-big.
Competent, willing, dependable-able.
Unassailable, invulnerable,
undefeatable-sustained!

Place the idealized portrait of your spirit before your mind. Do not be afraid of making it too aspiring, too fine. For it is in spirit that we are children of the living God. In spirit we are nourished by Him, we are fed, we are fruitful. "By my Spirit, saith Jehovah."

Think! It is the character, content, and complexion of your spirit that determines the character, content, and complexion of what you are and

what you do. You have innately the character and nature given you by the Father. Why make a lesser, inferior claim? For God will sustain you proportionately as you build your sonship high and stanch and true. Make your own claim, and try to live up to it today. This is the day to begin!

You have the power. You have the power of choice, of exultant freedom in your new-found, constructive belief. You have God-power itself the moment you know this and identify yourself with it God starts helping and strengthening you the moment you turn trustfully to Him. Then to the degree that you are steadfast, your wonderful new mental habit becomes more and more easy. You do not have to use so much personal force when you surrender your human will to the infallibility of God.

If you feel hampered, discontented, or unfortunate in any way, pause to consider: "In this place and in this situation have I given my best performance to the glorification of God? Have I claimed and used to the full His boundless spiritual reserves of courage, guidance, wisdom, love, and strength? Have I utilized my best abilities on this rather distasteful job? Have I been as willing, cheerful, friendly and co-operative as it is possible for me to be? Have I shown myself agreeable toward the persons whom I have adjudged disagreeable? Have I taken advantage of every constructive opportunity that has presented itself, humble though it may humanly seem? Have I remained uncritical, uncondemning, trustful, in times of apparent trial?"

Most likely your answer to this self-catechism cannot be honestly yes. But the moment you perceive how your undesired experience has held within it spiritual blessings as yet unappropriated or unrecognized, the moment you can thank God for your new insight and consistently use a more constructive attitude in all your activities, from that moment

you will find yourself passing into better situations as you are ready for them.

Never undervalue the small opportunities, the small conquests, over comings, healings, improvements. Some persons invoke the protection of the everlasting arms and, then, sit back in a rocking chair and await their blessings, never bothering to change their perverse human habits. They wonder why God doesn't fulfill His promises and help them. Willfully they close to Him His only port of entry to them and further bind their hapless spirits with their personal egotisms, prejudices, and complaints. They refuse even to glimpse the Almighty much less to serve Him, love and trust Him.

No act of spiritual loyalty is too slight to be deemed meritorious. "Love Me, trust Me" is His supreme command. This means here and now. You cannot shut God out of a single experience, cannot wait for Him to come under more favorable circumstances tomorrow. Now is the time of salvation. Your battle is won the moment you willingly surrender every thought of your mind, every instinct of your heart, every item of your world to His loving wisdom and directive power. "Love one another," bade Jesus. This means you must actually love and trust your enemies. Humanly this may seem well-nigh impossible, but "greater is he that is in you than he that is in the world."

Love is the one infallible solvent. The harmonizing of these "self" anxieties, contentions, and unrulinesses within your own soul will prove to be your most valuable conquest. It will help you if you remember that your "enemies" are equally children of God and that they are seeking Him in ways that you do not know. They want God, too.

We often strive too hard in our over comings. We pray and try sincerely, but with our tensivity and sense of personal effort we only tighten our bonds. We do not sufficiently free our inner self to be

augmented, aggrandized in God. "Prove me," He has invited. "My yoke is easy, and my burden is light," promised Jesus. Why can't we take Him at His word and exchange all our "hard" ways for glad assurance through Christ in God!

Be lighthearted instead of heavyhearted. Be happy. Be trustful and loving. Be healthy and strong. Be cheerful and friendly. Be fearless, courageous, self-reliant. Be successful. Be generous, free-minded, and openhearted. Be every whit sane, whole, and sound.

The choice is ours to make. It is easy with God. Do not be afraid to stretch the threads and filaments of your soul. Claim jubilantly: "I am free! Nothing in the world has the power to bind my spirit. Through Jesus Christ I have found the way to the Father. I am lifted up. I am one with all love everywhere. I am free!"

Give thanks for every new shred of decisiveness you find in yourself, for every ounce of right resolution and strength-it will grow and multiply in you. Thus God "proves" Himself.

God will work mightily in and for you, as you loyally work in co-operation with Him. No longer will you identify yourself with ugliness, bitterness, despair, or defeat. When you give up a thought of fear, you make room for a thought of courage. You can replace thoughts of weakness with thoughts of strength, doubt with conviction, friction with harmony, sorrow with happiness, inertia with vitality, illness with health, failure with success. Make your decision and then do it!

Live one day at a time. With every fine, beautiful, trustful thought you are rebuilding your life constructively from its foundations. No longer do you allow yourself to maltreat and hamper your own spirit, which holds the living germ of all you can possibly be. Instead you have chosen to reunite yourself with God's love and God's power.

Once in your timid prayers it lent you strength to claim, "God can; God

will." Now through your whole being you send the bolder claim ringing, "I can; I will." You have chosen your identity, you have claimed your righteous sonship through Jesus Christ in God, and as the Father helped Jesus even so will He help you. You have the power of choice - every moment of every day you have that power.

"There is a spirit in man,
And the breath of the Almighty
giveth them understanding."
"Awake and sing, ye that dwell in the dust."
"God gave us not a spirit of
fearfulness; but of power and love
and discipline."
"Stand upon thy feet, and I will
speak with thee."
"God loves me."



From Page One

If we want our species to survive, if we are to find meaning in life, if we want to save the world and every sentient being that inhabits it, love is the one and only answer. Perhaps we are not yet ready to make a bomb of love, a device powerful enough to entirely destroy the hate, selfishness and greed that devastate the planet.

However, each individual carries within them a small but powerful generator of love whose energy is waiting to be released. When we learn to give and receive this universal energy, dear Lieserl, we will have affirmed that love conquers all, is able to transcend everything and anything, because love is the quintessence of life.

I deeply regret not having been able to express what is in my heart, which has quietly beaten for you all my life. Maybe it's too late to apologize, but as time is relative, I need to tell you that I love you and thanks to you I have reached the ultimate answer!"

Your father Albert Einstein

October 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 <i>Yoga Class</i> 4-5PM <i>Ukulele Practice</i> 7PM	2	3 <i>Choir Rehearsal</i> 9AM <i>Bell Choir</i> 10:30AM
4 <i>Sunday Services</i> 10:30 AM <i>Youth Ed</i> 10:30AM	5	6	7 <i>AA Men's Group</i> 10AM <i>CA</i> 7PM	8 <i>Yoga Class</i> 4-5PM	9	10 <i>Choir Rehearsal</i> 9AM <i>Bell Choir</i> 10:30AM
11 <i>Sunday Services</i> 10:30 AM <i>Youth Ed</i> 10:30AM	12	13 <i>Book Club To Kill a Mockingbird</i> by Harper Lee at Bread Co. 2PM	14 <i>AA Men's Group</i> 10AM <i>CA</i> 7PM	15 <i>Yoga Class</i> 4-5PM <i>Ukulele Practice</i> 7PM	16 <i>Prayer Chaplain Retreat</i>	17 <i>Choir Rehearsal</i> 9AM <i>Bell Choir</i> 10:30AM <i>Prayer Chaplain Retreat</i>
18 <i>Sunday Services</i> 10:30 AM <i>Youth Ed</i> 10:30AM	19 <i>Ladies' Night Out</i> 5:30PM at Rib City, 1181 Colonade, 63131	20	21 <i>AA Men's Group</i> 10AM <i>CA</i> 7PM	22 <i>Yoga Class</i> 4-5PM	23	24 <i>Choir Rehearsal</i> 9AM <i>Bell Choir</i> 10:30AM <i>Parking Lot Sale</i> 8AM-1PM
25 <i>Sunday Services</i> 10:30 AM <i>Youth Ed</i> 10:30AM	26	27	28 <i>AA Men's Group</i> 10AM <i>CA</i> 7PM	29 <i>Yoga Class</i> 4-5PM <i>Ukulele Practice</i> 7PM	30	31 <i>Choir Rehearsal</i> 9AM <i>Bell Choir</i> 10:30AM

Wings

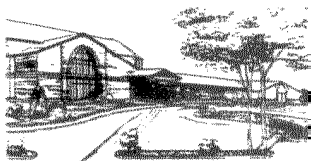
THE OCTOBER 2015 NEWSLETTER OF
FIRST UNITY CHURCH OF ST. LOUIS

First Unity Church
4753 Butler Hill Road
St. Louis, MO 63128

Phone: (314) 845-8540
Fax: (314) 845-0022
Email: firstunity@firstunitychurchstlouis.org
www.firstunitychurchstlouis.org

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The light side -- A little holy humor

In honor of Yogi Berra

"You can't think and hit at the same time."
"Nobody goes there anymore. It's too crowded."
"A nickel ain't worth a dime anymore."
"We were overwhelming underdogs."
"It's deja vu all over again!"
"If people don't come to the ballpark, how are you gonna stop them?"
"Slump? I ain't in no slump. ... I just ain't hitting."
"When you come to a fork in the road take it."
"I usually take a two-hour nap from 1 to 4."
"It gets late early out there."

"Never answer an anonymous letter."

On being told he looked cool: "You don't look so hot yourself."
When asked what time it was: "You mean now?"
On being given a day in his honor: "Thank you for making this day necessary."
"Pair off in threes."
"Baseball is 90 percent mental. The other half is physical."
"Always go to other people's funerals. Otherwise they won't go to yours."
"You can observe a lot by watching."
"It ain't over till it's over."
"It ain't the heat; it's the humility."

"I never said most of the things I said... Take it with a grin of salt."
"If you don't know where you're going, you might end up some place else."

"He hits from both sides of the plate. He's amphibious."
"The future ain't what it used to be."
"I always thought that record would stand until it was broken."
"If the world was perfect, it wouldn't be."

"Love is the most important thing in the world, but baseball is pretty good too."