

# 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

February 2016

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

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By Martha Smock

## An Experiment in Love

*By Jack D. Kern*

When Jesus told us to seek first the kingdom of God, which He said was an inner kingdom, He was giving us a valuable lesson in spiritual prosperity. It was a lesson in everyday, down-to-earth prosperity, too; for He was talking of food, clothing, and shelter. He told us to get things right on the inside, and the things on the outside would take care of themselves. First things first. But the lesson in spiritual prosperity goes deeper. He was telling us how to solve problems, especially problems between people that seem to go beyond our ordinary means of solving them. He was telling us to solve them on an inner level, a heart level, the level of unconditional love. It's a beautiful way, a way we all ought to be aware of.

We call this way by many names: beholding the Christ, the inner way, holding another in the light. The name doesn't matter. This way can be used at any time. Often it is used only as a last resort because it is indirect, and we usually try the more obvious ways first.

Let's say, for instance, that someone we love is going in a direction that appears wrong to us. What do we do? How do we handle it? We usually begin on a verbal level. We tell; we ask; we try to convince; we make judgments. This usually deteriorates into

nagging, whining, threatening, cajoling; and about this time communication stops. The other person turns us off. There may even be a kind of backlash; when we push so hard in one direction, he may push in the opposite direction just out of stubbornness.



We use nonverbal communication, too; but at this point, we probably use it in disapproving looks, tears, disgusted sighs, and coolness. And the nonverbal message gets across; but the message is usually one of rejection, and it doesn't help much. At this point, most of us don't know what to do. We may throw up our hands, feeling we have done all we can.

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*- Continued on Page 4*



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## Wings

February, 2016

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### The Ladies' Night Out Group

will meet Monday, February 15 at Three Kings Restaurant at 11925 Manchester Rd at 5:30. For more information call Mary Tumminello Home: 314-843-1807 Cell: 314-814-4530.



### February 9: Myrtle Fillmore's

Healing Letters compiled by Frances W. Foulks

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

### Feed My People

Please bring contributions of food, warm blankets, heaters, and personal care items.

[www.feed-my-people.org](http://www.feed-my-people.org)

### Winter Coat Drive

Bring gently-used coats for children and adults to be donated to Feed My People and Mehlville School District.

### 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.



### Stop by Our Lending

Library and check out an inspirational title from among a wide selection of books written by some of Unity's greatest authors.



### Exciting eScrip News for Online Shoppers

We are expanding our eScrip fundraising program to include eScrip Online Mall. Look for the eScrip link on the First Unity website or go to [www.escrip.com](http://www.escrip.com). The Online Mall includes hundreds of merchants, and First Unity will earn a percentage of every purchase you make. Call Ruth Emmett

at (314) 487-4243 with questions. IT'S EASY! IT'S FREE! IT'S POWERFUL!

### The Love You Seek

The love you seek is also seeking you. Love is in your heart, at the very center of your being – an inherent part of you because you had your beginning in God, and God is love. You are created by God's love, which is unconditional, all encompassing, and totally fulfilling.

How wonderfully reassuring to realize that your desire for happiness and fulfilling relationships is but the love of God in your heart seeking expression through you! Every moment of your life becomes an opportunity to prove God's love by expressing it in all your thoughts, words, and actions.

God's love will satisfy every need of your mind and heart. You may have found some experiences in your life difficult to understand, but in every season of trial or change, the love of God is with you to strengthen, sustain, and guide you.

"In all these things," the apostle Paul assures us, "we are more than conquerors through him who loved us. For I am convinced that neither ... things present, nor things to come, nor powers, nor height, nor depth, nor anything else in all creation, will be able to separate us from the love of God" (Rom. 8:37-39).

You live and move and have your being in God. Your acceptance of God's love is the determining factor between a barren life and a joyful, love-filled, victorious life. Whether or not you express love, God's love is always seeking you, always surrounding you.

### February Affirmations

**Inner Peace:** The breath of Spirit flows through me.

**Guidance:** I listen to my



inner guidance.

**Healing:** I am created from a divine pattern of perfect life and wholeness.

**Prosperity:** God is my source of infinite abundance.

**World Peace:** Through eyes of love, I see all people living in peace.

### Upcoming Events

## Love All You Do

Blogger Rachel Macy Stafford gained a following by admitting she'd acquired the "disease of distraction." Her children and family paid the price for her dependence on technology and a super-packed schedule.

In *Hands Free Mama* (Zondervan), Stafford describes how she made room to live, breathe and appreciate each day. One step involved changing the slogan on the front of her planner from "Do It All" to "Love All I Do."

Now Stafford encourages others to take a Hands Free Pledge, "letting go of distraction, disconnection and perfection to live a life that simply, so very simply, consists of what really matters."

## Two Wolves

One evening an old Cherokee told his grandson about a battle that goes on inside people. He said, "My son, the battle is between two 'wolves' inside us all.

"One wolf is Evil. It is anger, envy, jealousy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority and ego.

"The other wolf is Good. It is joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion and faith."

The grandson thought about it for a minute, and then asked his grandfather, "Which wolf wins?"

The old Cherokee simply replied, "The one you feed."

## How Lincoln Coped

It is commonly known that Abraham Lincoln occasionally struggled with depression. He had reason for bouts with melancholy. He lost his mother as a youth, he had little formal education, he lost several elections, he was hated by many and thought to be a fool by others.

When he was a young man, he considered suicide at least twice -

once at age 26 and again when he was 32. Lincoln once wrote: "I am now the most miserable man living."

How did he cope? He found a good deal of help through humor. He sought out hilarious anecdotes, "down-home" funny stories and tales of the bizarre, and he laughed while telling them to others. Lincoln knew that "A cheerful heart is a good medicine, but a downcast spirit dries up the bones" (Proverbs 17:22, NRSV).

Lincoln's faith in God also helped. A firm believer in God, he was a man of prayer and public worship. He attended the New York Avenue Presbyterian Church in Washington, where a plaque now designates the pew on which he sat.

When Lincoln's son Willie died, a Mrs. Pomeroy told him that many Christians were praying for him. Lincoln replied, "I am glad to hear that. I need their prayers." Then he continued, "I will try to go to God with my sorrow."

Upon Lincoln's death, General William Sherman said, "Of all the men I ever met, he seemed to possess more of the elements of greatness, combined with goodness, than any other."



## Thoughts for Valentine's Day

Valentine's Day is a time when thoughts turn to love. But what is love? Is it a box of chocolates, or a pretty valentine? Is it a red rose, or maybe a dozen? Is it a peck on the cheek, a fond embrace, or a big bear hug?

Well, sometimes love is known in those ways. But love, real love, is how we relate to God and to one another if life is what it ought to be - beautiful!

## "Quotable Quotes"

They who love are but one step from heaven.

-James Russell Lowell

A heart set on love will do no wrong.

-Confucius

Conceit is an odd disease. It makes everyone sick except the person who has it.

-Anonymous

I find that the harder I work, the more luck I seem to have.

-Thomas Jefferson

Christians with "horse sense" do not become nags.

Let us raise a standard to which the wise and honest can repair; the rest is in the hands of God.

-George Washington

A joy that is shared is a joy made double.

-John Ray

This is the miracle that happens every time to those who really love; the more they give, the more they possess.

-Rainer Maria Rilke

A good head and a good heart are always a formidable combination.

-Nelson Mandela

Though our feelings come and go, God's love for us does not.

-C.S. Lewis

Many things I have tried to grasp and have lost. That which I have placed in God's hands, I still have.

-Martin Luther

Love has nothing to do with what you are expecting to get, it's what you are expected to give — which is everything.

-Vittorio Alfieri

## From Page One



Some students of mind may begin at this point to use what they mistakenly call "positive thinking." Words are no longer effective, nonverbal persuasion hasn't worked, so they begin a kind of under-the-breath chant like this: "You will quit smoking, you will quit smoking ..."

I don't really know what to call this. It's a kind of "sophisticated voodoo" without the pins and dolls; but it is not positive thinking. Positive thinking is constructive, expectant thinking that doesn't try to force any specific course of action, but looks for and expects good in everything.

But there is a way to reach and help others on a nonverbal spiritual level. It can be a first resort or a last resort. It is the one we mentioned at the start, beholding the Christ, or holding another in the light. It is the inner way, the Christ way of the inner kingdom of love and light. I call it the kingdom without the power and the glory. This way has nothing to do with one person trying to exert power over another. When we think we know best, and we try to make another person do our will "for his own good," we are on a power trip. And usually - if we are honest, it is not just for his good, but for our convenience or peace of mind.

Sometimes we like the glory, the credit: "Look how I straightened him out. All he had to do was listen to me. I know best." Isn't this trying to play God?

But the way we really want to go is the way of the kingdom of love within. No force. No power trip. No credit. It's a quiet way; there is no way we can take the credit. It is heart level, heart-to-heart, uncondi-

tional love. Not "I love you when you're nice," or "I'll love you when you quit drinking," but just "I love you." No qualifications, no condition; just love. We might be happier if the one we love quit drinking, or got a job, or married us; but our love doesn't hinge on that. It is love that simply accepts, warts and all.

I call this technique an experiment in love. "Experiment" is a good way to think about it. It is something we try out to see if it works. (It does, but each one has to find that out for himself.) Here is how to conduct your experiment in love:

*Set a specific time for your experiment.* Make it long enough to give it a chance to work, and short enough for you to handle. I like a period of three to six weeks. I pick a holiday, a birthday, an anniversary that is three to six weeks away, and I set that as my target date. I agree with my inner Lord that by that time I will see a change.

*Ignore outer actions for that time, as far as criticism is concerned.* Praise is great; but refrain from criticism. Try not to let the actions of the one you are holding in the light "get to" you. Remember, you are working on an inner level; you're not so concerned with the outer for now.

*Hold him in the light.* At least once a day, take ten or fifteen minutes to see him surrounded with the light of God-happy, whole, free, fulfilled, and confident. You don't try to direct his actions; you simply hold him in the light. Then, any time during the day that he comes to mind, take a moment to surround him with light in your mind's eye.

*Expect results, but don't be surprised if God's answer is different from your desire.* What kind of results?

He *changes*. This happens often. You begin to notice a light in his eyes. He stands taller, seems more

aware. He begins to know he is being guided by his own Lord. You have freed him. *The situation changes.* Something changes with a job or with other people involved. The change may not be what you expect, but something is beginning to move. *Nothing changes, but it doesn't matter any more,* which means-you've *changed*, which can be the most beautiful answer of all. You are learning unconditional love and nonresistance, which are among life's real treasures. You have touched the real kingdom, and a lot of good will be added to your life.

The end result is, when you try to bless others with the light, you find you are standing in the light, too, and you are blessed every bit as much as the one you have tried to help.

## I Too May Be More

By James Dillet Freeman

Butterflies bear witness  
to the power of fragile things;  
on wings like morning-glory petals  
they flutter over oceans  
and mountain ranges.

Butterflies are  
flowers that  
dared to fly.  
Like rainbows,  
they say God to  
me; what made  
them must be  
something that makes things just to  
make them beautiful.  
Would you even believe in them if  
all you knew was caterpillars?  
When I see butterflies they lift me  
on their tissue-paper wings!  
I too may be more  
than my crawl discloses.





## What Are You Saying To Yourself?

*By Martha Smock*

What kind of conversation do you carry on with yourself? What are you saying to yourself right now?

You may say, “But I don’t go around talking to myself!” You may not think that you do, but you are continually telling yourself all kinds of things. These inner conversations are, of course, the thoughts you are thinking, the responses you are making, the attitudes you are accepting and projecting.

If you find your inner conversation with yourself running along negative lines, you have the power to change the subject, to think along different lines. This is where affirmations of Truth are wonderfully helpful. An affirmation of Truth can be like a conversation piece around which your thoughts center. An affirmation says simply and clearly that which is true and gives your thoughts a pattern, as it were, to follow.

You can change your life by changing the way you think and feel. You are doing this day by day, thought by thought, as you watch the kind of conversation you have with yourself, as you answer any tendency to be negative or fearful or depressed with positive, healing, powerful reminders of Truth.

If you are ever tempted to say to yourself about some situation that it looks impossible of solution, turn your thinking around and say to yourself, “I have faith that with God’s help there is a way for this situation to be solved for the blessing and benefit of all.” This

kind of conversation with yourself will help rid you of worry and anxiety; it will help you release the situation into God’s care and know that in ways, which may not now be apparent, the right solution is being brought to light.

At any time you find yourself thinking in terms of weakness or ill-health, your affirmations of life and healing can be like a bracing conversation. The very cells of your body will listen to and accept ideas of life and strength.

Let everything in you affirm: “I know and believe that the healing, renewing life of God is in me. I am the healthy, free, perfect child of God. The life of God in me is now healing, restoring, and renewing every part. I live in the eternal life of God.”

Sometimes when we think about others, especially those near and dear to us, we may not find it easy to be at peace about them. We may find ourselves thinking of their needs, we may find ourselves feeling anxious about their well-being, we may find ourselves frustrated and unhappy because there seems to be nothing we can do to help a dear one. This is when we need to take a key idea of Truth, an affirmation of Truth, and make it the focal point of our thinking, the focal point of our conversation with ourselves.

One of the most helpful realizations we can have about another is simply this: “I behold the Christ in you.” What are we doing when we behold the Christ in another? We are seeing past the appearances, past the personal self, to the Christ in that one. We are seeing him or her as he or she truly is, a child of God, a spiritual being.

When we behold the Christ in others, we are declaring our faith in the Spirit of God in them. We may not be able to see how they are going to solve problems or how they are going to find the happiness they are seeking, but we can have faith in the Christ to guide them, to bring light to their minds, joy to their hearts, wisdom to their ways. And if we are concerned about their health, we can know that Christ in them is healing life, that a healing work is being done in them now.

Sometimes people will carry on internal conversations that downgrade self-worth and ability. They may think of themselves as lacking in ability, or as inferior to others. No matter how capable they are, or how much they are appreciated by others, the kinds of thoughts they are thinking will tend to negate it, in their own minds at least.

Many persons have told us that they have been helped to accept a new thought about themselves through the day-by-day application of the ideas in *Daily Word*. Sometimes a particular affirmation has helped change the whole tenor of a person’s thought.

One person said that an affirmation, which appeared one day in *Daily Word*, did just this for him. It was: “God created me as me. I like myself.”

Others have found great inspiration and newness of thought in this affirmation: “I am the all-wise, all-loving, all-conquering child of God. I reign supreme in all the affairs of mind and body.” Certainly a realization like this is a far cry from thoughts of inferiority and unworthiness! But it is the truth! The more we think about and affirm our spiritual nature, the abler we are to express this nature, to be

the kind of person we were created to be. God created us in the Divine image and likeness, and God loves us!

If you ever find yourself feeling down or depressed, you need to speak words of Truth to yourself that will change the trend of your thinking and feeling. Sometimes to think about just one word can be the starting point—a word like *light* or a word like *joy*.

It is not natural for you to be down or depressed. Everything in you responds to thoughts and ideas that lift your thinking, that turn your thoughts away from darkness, that help you, like the Psalmist, to lift up your eyes unto the hills.

“The joy of the Lord lifts me and strengthens me all day long.” An affirmation such as this can be like a theme song in your heart. Or an affirmation such as “I am poised and centered in the Christ Mind and nothing can disturb the calm peace of my soul” can be like an undergirding of faith that sustains and strengthens you and keeps you beautifully serene.

Of all the conversations we carry on with ourselves, the ones that go over and over the past, that remind us of what we said or did, or failed to do or say, or of what someone else said or did, or failed to do or say, are probably the most destructive.

We do not want to carry along old hurts or grievances; we want to feel that the past is forgiven and forgotten—and in God’s sight it is.

If ever we find ourselves dwelling on the past or wishing that we might have acted differently in some situation, let us remind ourselves that God sees us as growing and unfolding and

learning. Let us not hold ourselves or anyone else in a thought of unforgiveness. Let us be willing to release old hurts; let us give up the thoughts that have made us feel unworthy.

We may think that we are unable to forgive the past, but Christ in us is able. Christ in us sets us free. We can find peace in the present through affirming: “Through the forgiving love of Jesus Christ, I am set free from mistakes of the past. I accept forgiveness. I forgive myself and others. I set my face in a new direction.” When we do this, hurts of the past fade into nothingness. We are able to bless and give thanks for all that has gone before, for all that has brought us to the place of understanding where we now are.

What kind of conversation do you carry on with yourself? What are you saying to yourself right now? Make it a good conversation, make it a true conversation, for the kind of ideas you give yourself, the kind of ideas you listen to, make all the difference in the kind of person you are, in the kind of experiences you have. They make a difference in your health, happiness, and well-being.

“Thou dost keep him in perfect peace, whose mind is stayed on thee.”

Keep your mind stayed on God,  
keep your mind stayed on truth,  
thought by thought. Let your inner  
conversations be as with the Christ,  
the God-self of you.



See what love the father has given us  
that we should be called children of  
God. –1 John 3:1

## Shining Words

These affirmations were chosen for display in the lobby of the Administration building at Unity Village because they were the favorite affirmations of Charles Fillmore:

The joy of the Lord is your strength.

God in me is infinite wisdom.  
He shows me what to do.

In all thy ways acknowledge him, and he will direct thy path.

I can do all things through Christ which strengtheneth me.

Naught can disturb me, for Christ is my peace and my poise.

All things work together for good.

In quietness and in confidence shall be your strength.

Faith is the strength of the soul inside, and lost is the man without it.

The greatest teaching ever given is – “Christ in you, the hope of glory” (Col. 1:27)

God is my help in every need.

## Circles of Love

If you’ve shared in the love of a parent,  
a child,  
Your family, spouse or your friends,  
You’re abundantly wealthy,  
And blessed beyond measure;  
For God, who is Love,  
Lives in circles of love,  
And adds joys  
To eternally  
Treasure!

—Peggy Ferrel

February 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<i>1</i>	<i>2</i>	<i>3</i> <i>AA Men's Group,</i> <i>10AM</i>  <i>CA 7PM</i>	<i>4</i> <i>Ukulele Practice,</i> <i>7PM</i>	<i>5</i>	<i>6</i> <i>Choir Rehearsal,</i> <i>9AM</i> <i>Bell Choir</i> <i>10:30AM</i>
<i>7</i> <i>Sunday Services</i> <i>10:30 AM</i> <i>Youth Ed</i> <i>10:30 AM</i>	<i>8</i>	<i>9</i> <i>Book Club Myrtle</i> <i>Fillmore's</i> <i>Healing Letters</i> <i>by Frances W.</i> <i>Foulks at Bread</i> <i>Co. at 2PM</i>	<i>10</i> <i>AA Men's Group,</i> <i>10AM</i>  <i>CA 7PM</i>	<i>11</i>	<i>12</i>	<i>13</i> <i>Choir Rehearsal,</i> <i>9AM</i> <i>Bell Choir</i> <i>10:30AM</i>
<i>14</i> <i>Sunday Services</i> <i>10:30 AM</i> <i>Youth Ed</i> <i>10:30 AM</i>  <i>Valentine Pancake</i> <i>Brunch</i>	<i>15</i> <i>Ladies' Night Out,</i> <i>Three Kings Pub</i> <i>at 5:30 PM</i>	<i>16</i>	<i>17</i> <i>AA Men's Group,</i> <i>10AM</i>  <i>CA 7PM</i>	<i>18</i> <i>Ukulele Practice,</i> <i>7PM</i>	<i>19</i>	<i>20</i> <i>Choir Rehearsal,</i> <i>9AM</i> <i>Bell Choir</i> <i>10:30AM</i>
<i>21</i> <i>Sunday Services</i> <i>10:30 AM</i> <i>Youth Ed</i> <i>10:30 AM</i>	<i>22</i>	<i>23</i>	<i>24</i> <i>AA Men's Group,</i> <i>10AM</i>  <i>CA 7PM</i>	<i>25</i> <i>Science Center</i> <i>trip to see</i> <i>"Jerusalem"</i> <i>10 AM</i>	<i>26</i>	<i>27</i> <i>Choir Rehearsal,</i> <i>9AM</i> <i>Bell Choir</i> <i>10:30AM</i>
<i>28</i> <i>Sunday Services</i> <i>10:30 AM</i> <i>Youth Ed</i> <i>10:30 AM</i>	<i>29</i>					

## *Wings*

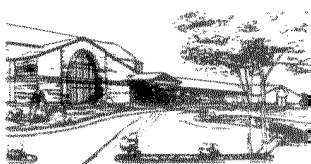
THE FEBRUARY 2016 NEWSLETTER OF  
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## The light side — A little holy humor

Boy: Do you have a date for Valentine's Day?

Girl: Yes, February 14th.

Whoever named it *necking* is a poor judge of anatomy.

*-Groucho Marx*

I told my girlfriend that it looked like she was drawing her eyebrows too high.

She looked surprised.

Why should you never breakup with a goalie?

Because he's a keeper.

What did one boat say to the other?  
"Are you up for a little row-mance?"

What did the guy with the broken leg say to his nurse?

"I've got a crutch on you."

What do you say to your single friends on Valentine's Day?

Happy Independence Day!

A man invited a woman over to his home for a seven-course meal.

"That's lovely," she said. "What are we going to have?"

He said, "A hot dog and a six-pack of beer."

A husband and wife had been married for 60 years and had no secrets except for one: The woman kept in her closet a shoe box that she forbade her husband from ever

opening. But when she was on her deathbed—and with her blessing—he opened the box and found a crocheted doll and \$95,000 in cash.

"My mother told me that the secret to a happy marriage was never to argue," she explained. "Instead, I should keep quiet and crochet a doll."

Her husband was touched. Only one doll was in the box—that meant she'd been angry with him only once in 60 years. "But what about all this money?" he asked.

"Oh," she said, "That's the money I made from selling the dolls."