

# 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

January 2016

- ❖ Inspiration
- ❖ Information
- ❖ Illumination

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Ernest C. Wilson

## Transformation

*By J. Sig Paulson*

Right now, even as you read these words, the miracle of transformation that comes through the renewing of your mind can take place in you. All you need to do is spiritually give the words you are reading the power to renew your mind and transform your life from the inside out. Don't make a mountainous project out of it; simply do it. The course of spiritual action in the following statement will help to get the job done:

*I give thanks that right now, as never before, I am ready, willing, and able to give the words I read the Power to renew my mind and transform my life from the inside out. I give the words a self-renewing, transforming power right now, and I joyously expect a miracle to take place in me.*

(Now let the renewal transformation process expand in you as you continue to read.)

The reason you can do what you are doing is magnificently simple. In truth you are a life-giving spirit, the "image of God" (Gen. 1:27), an energy distributor, a power activator and user. The creative energies of the universe individualize in and as you, and flow through you as you direct them to move. What you are doing now is becoming consciously aware of an activity that has always been part of your spiritual makeup and potential. In other words, you are waking up spiritually and taking dominion in your own mind and heart. You are consciously being transformed by the renewing of your mind, as the Bible points out we all must be.

You are no longer so blindly "conformed" to the world of limitation because you are redirecting the life-energy-power current flowing through you into new states of mind, heart, and being. Old states of limitation will drop out of your mind and experience because you no longer support them through the misuse of your life-giving power.

(Let your growing awareness of what you are doing and what you are deepen as you continue to read.) The following statement will no doubt find a creative response in you:

*I give thanks that right now, as never before, I am ready, willing, and able to be a life-giving spirit in a dynamic, intelligent, and effective way.*

Then choose, right now-even as you continue to read-a new image of yourself, and give life to it; energize it, make it a living reality in your mind. Or choose a new course of action in some area of your experience and activate it, give life to it, energize it, make it a living, throbbing movement in your inner being, and then let it unfold in outer ways. Or choose a new attitude toward yourself or someone else, give life to it, energize it, make it come alive in you.

Right now, as you have read this, you have begun a personal transformation through the renewing of your mind. Continue this spiritual process by keeping it alive, and move confidently into a new world of creative living.

Welcome  
2016!



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## Wings

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Prepare for the New Year right at our annual **Unity Burning Bowl Service** on Sunday, January 3<sup>rd</sup>.



The quartet, Fourza Chord, will be singing at our Sunday service January 10th. Our own Bobbi Winchell is a member of this quartet. These 4 ladies are dedicated to their music and perform competition quality music. We are certain that everyone will enjoy hearing them.

This month the **Ladies' Night Out Group** will be on January 18 at O'Leary's at 3828 S. Lindbergh at 5:30. For more information call Mary Tumminello Home: 314-843-1807 Cell: 314-814-4530.



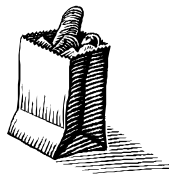
**January 12:** The Children's Act by Ian Ewan  
**February 9:** Myrtle Fillmore's Healing Letters compiled by Frances W. Foulks

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

## Feed My People

Your donations to Feed My People are always greatly appreciated. Your donations do more good than you know!

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



## 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.



If you miss a Sunday lesson, you can listen to it from our website.

[www.firstunitychurchstlouis.org](http://www.firstunitychurchstlouis.org)

## This Is the Day

On your new calendar, be sure to mark important dates such as National Drinking Straw Day (January 3), National Artichoke Hearts Day (March 16) and National Crouton Day (May 13). Those pseudo-holidays are now catalogued as part of the National Day Calendar, a venture by a North Dakota businessman.

For a fee starting at \$1,500, anyone can register a national day or even give one as a gift. Special-interest groups are discovering that national days are great for marketing.

Throughout the Bible, God instructs people to set aside special days for rest and remembrance. Yet to him, every day is holy — even if it lacks a holiday, pseudo or otherwise. “This is the day the LORD has made; let us rejoice and be glad in it.”



## Brand New

I am the New Year. I am an unspoiled page in your book of time.

I am your next chance at the art of living. I am your opportunity to practice what you have learned about life during the last 12 months.

All you sought and didn't find is hidden in me, waiting for you to search it but with more determination. All the good you tried for and didn't achieve is mine to grant when you have fewer conflicting desires.

All you dreamed but didn't dare to do, all you hoped but did not will, all the faith you claimed but did not have — these slumber lightly, waiting to be awakened by the touch of a strong purpose.

I am your opportunity to renew your allegiance to him who said, “See, I am making all things new” (Revelation 21:5, NRSV).  
—Author unknown



## January Affirmations

**Inner Peace:** The presence of God within is my peace.

**Guidance:** I follow my inner light and move forward in faith.

**Healing:** Wholeness is my true nature. I am vibrant and strong.

**Prosperity:** I give and receive with a grateful heart.

**World Peace:** I bless the world as I express peace.

## A Good Start

He who fritters away the early morning, its opportunity and freshness, in other pursuits than seeking God will make poor headway seeking him the rest of the day. If God is not first in our thoughts and efforts in the morning, he will be in the last place the remainder of the day.

—E.M. Bounds



## Seeking the Best

I believe that appreciation is a holy thing — that when we look for what's best in a person we happen to be with at the moment, we're doing what God does all the time. So in loving and appreciating our neighbor, we're participating in something sacred.

—Fred Rogers

## What Awaits Us?

We're at the starting gate of a new year. What will it hold for us? Only God knows. Yet if God knows, why not try to discover his plan for us each day?

We should carry on a daily dialog with God. Following his lead is always interesting and challenging. And much of the time it's filled with wonder and joy.

I remember the story of a small boy who prayed to God at the end of a fun, interesting Monday: "It's been a wonderful day, God. What do you have in mind for Tuesday?"

What does God have in mind for you in 2016? Keep in touch with him, and you'll enjoy the trip around the sun.

—Charles Ferrell

## Hate vs. Love

Civil-rights leader, Martin Luther King Jr. compared hate to "an unchecked cancer," saying it "corrodes the personality and eats away its vital unity." Unfortunately, the destructive force of hatred is

often evident in nations, communities, families and even churches.

The obvious — though not always easy — antidote to hatred is love. As *The Message* translation of Proverbs 10:12 states, "Hatred starts fights, but love pulls a quilt over the bickering." The image of a comfy quilt symbolizes the soothing impact that loving words and actions can have on enemies as well as friends.

Plus, it's tough to share the gospel without showing love, which social reformer Elizabeth Cady Stanton called "the 'open sesame' to every soul."

## Wise Words

Want to provoke a warm response from others? Look in people's eyes and smile sincerely.

Faith isn't meant to be kept to oneself. It simply has to be shared in non-threatening ways and shown in loving actions.

Peace must begin within ourselves. Anger only provokes anger in others.

We cannot make enough of the virtue of trust. If we cannot be trusted, of what value are we? Provoke a warm response from others? Look in people's eyes and smile sincerely.

Faith isn't meant to be kept to oneself. It simply has to be shared in non-threatening ways and shown in loving actions.

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**Martin Luther King Jr.**, born on January 15, 1929, will be remembered this year on January 21. Given the rancor rampant in today's world, it's fitting to recall King's words: "Hatred paralyzes life; love releases it. Hatred confuses life; love harmonizes it. Hatred darkens life; love illumines it."

## "Quotable Quotes"

The object of a New Year is not that we should have a new year. It is that we should have a new soul.

—G.K. Chesterton

Great beauty, great strength and great riches are really and truly of no great use; a right heart exceeds all.

—Benjamin Franklin

Remember and never doubt it: With God's help you can do incredible things. Never think down; always think up.

—Norman Vincent Peale

Be always at war with your vices, at peace with your neighbors and let each new year find you a better [person].

—Benjamin Franklin

We can major in our fears ... or major in our dreams.

—Dr. Bruce Porter

The world's most basic needs can be summed up in four words: bread, brains, belief and brotherhood.

—Dr. J. Wallace Hamilton

A man who lets himself be worshiped mocks God.

—Dietrich Bonhoeffer

Life can only be understood backwards; but it must be lived forwards.

—Søren Kierkegaard

If you want to travel fast, travel alone. If you want to travel far, travel together.

We must alter our lives in order to alter our hearts, for it is impossible to live one way and pray another.

—William Law



# SOUL POWER

By Ernest C. Wilson

## Fulfilling the Law

*"Charge them that are rich in this present world, that they be not high-minded, nor have their hope set on the uncertainty of riches, but on God, who giveth us richly all things to enjoy; that they do good, that they be rich in good works, . . . ready to distribute, willing to communicate; laying up in store for themselves a good foundation against the time to come, that they may lay hold on the life which is life indeed."*

There was a nine-day wonder in the Midwestern city where I grew up. Mysteriously a new sewing machine was delivered to the home of an impoverished widow. She had not paid for it; indeed she did not have the money to pay for it. The firm that delivered it would not, and asserted that it could not, provide the name of the donor. The card that accompanied the machine was inscribed simply, "From a Grateful Friend." The widow could not think what she had done to inspire such a gift, or who she knew that could afford such a gift.

One such benefaction was occasion for speculation. When, in the months that followed, several similar incidents occurred, the matter came to the attention of a newspaper reporter in need of a story, and the sewing-machine mystery was solved.

The machines proved to be the anonymous gifts of a woman, herself a widow, who had come through dire poverty into affluence. The gifts were her way of saying "Thank You, God!" for the blessings that had come to her. She had been left with five small children to rear. She had worked in a laundry until she could save enough money beyond the family's basic needs to buy a sewing machine. She enlisted the help of a skillful seamstress, a cousin who also needed work. Together they had established a successful dressmaking establishment. In time this gave way to real-estate transactions in which she was even more successful. But she never forgot

how much that sewing machine had meant to her in the first lean years after her husband's passing.

I came to know her well. In her commodious home was a sewing room, equipped with the latest-model sewing machine, which her daughters had been taught to use. Down in the basement, however, she still kept the old machine, somewhat the worse for wear. "I keep it there," she said, "as a reminder of the ways in which God has blessed me. That machine enabled me to earn a living and keep our home together. Practically any woman can sew, or learn to sew. I like to think that maybe providing a means of self-help to others situated as I was is a way of telling God I am grateful."

### *After Prayer Is Answered*

What we do after a prayer has been answered, a need supplied, a dream fulfilled, impresses me as being at least as important as what we do in our time of need, before the answer comes. The pattern for this you will find in the Biblical story of Elisha, the widow, and the cruse of oil. Through steps of progression from a problem to its solution that are fairly well followed in the chapters of this book, we come to the admonition, "Go, sell the oil, and pay thy debt."

This is a point in "demonstration" that is often ignored. What is to happen after the prayer is answered? Life does not stop there. Do we allow ourselves to think: "Well, now that's over! I can relax!"? To relax is good, unless by such a remark we actually mean, "Now I can revert to the careless and perhaps negative ways of thinking and living that contributed to my problem." Or what is even worse, we may allow ourselves to think, "Well, maybe it would have turned out this way even if I hadn't worked so hard and prayed so diligently."

What we attain to in a certain way must be sustained on the same level of equivalence.

A man is taken on permanently in a job after a trial period to prove his ability. If he does not sustain, and better yet improve upon, the performance that got him the job, he will lose it.

The cry of the bride who was won by the artificial manners of her suitor during courtship, "I took you for better or for worse, but you are worse than I took you for!" is less humorous in real life than in a magazine cartoon.

The businessman who raises the price without improving the product, the workman who does less than his best because he thinks he can get by, the husband who cheats on his wife, the person who excuses bad manners with the remark, "Of course I know better," these and a thousand others who let down their standards of ethics, morality, or service to others in times when they feel that things are going well with them, are inviting things to go less well. They are putting themselves under the law of diminishing returns.

No healing, no blessing is complete until we have "paid our debt" to God, to ourselves, and to others. What we do or fail to do affects not only ourselves but often others as well.

### *Causes and Effects*

A church organization established a revolving fund from which needy applicants could be tided over in times of stringency. To each beneficiary it was carefully explained that the organization's ability to help others in financial distress depended upon his repayment of his obligation. Each one vowed emphatically that he would do this. Not one did so, and within a year the plan, established with the best of intentions, had to be abolished.

Just the opposite is the experience that one Unity-centered organization had with its employees. A workers' fund was created to help employees over times of family emergency. It was successful and served a valuable purpose. It was even augmented by gifts from those it had helped. Two things favorably distinguished it from the other project cited. The beneficiaries were employees who were perhaps quite conscious that they could be checked up on; and they were in an atmosphere where the law of compensation was continually emphasized.

A youth was enabled to complete his education for the ministry by the help of an older man. Before he could

properly show his appreciation in a financial manner, the benefactor passed on. The youth became a successful and prospering minister. Knowing that the law of compensation must be fulfilled, and ardently desiring to pay his debt, he made a life project of trying to help other youths as he had been helped.

He soon learned that it is not as easy to help others as he had imagined it would be; that not everyone understands or willingly complies with the law that seemed so evident and so good to him; that it is possible to impoverish others by indiscriminate giving; that to give for appreciation or in expectation of return from those who are the recipients of such generosity can be extremely disappointing; that in giving we must look to the law of compensation to bring accounts into balance, not to the ones we seek to help.

He evolved a wisdom in giving, and a prayer statement that epitomized that wisdom: *"I give as I would receive, richly, freely, joyously, in the Father's name and spirit."*

### ***Gifts with Strings***

The other side of such exchanges is this: No one likes to receive gifts with strings attached. It involves a sense of obligation that often seems heavier and more arduous than the debts of the marketplace.

"I've worked and slaved, I've denied myself luxuries and even necessities I could have had in order to help him, but he doesn't appreciate it," is a statement which all clergymen—and many others—have heard in various forms times without number. Giving with expectation of return seldom works out well, because it misnames a situation—a situation that could better be described as bartering, even bribing, but does not properly represent the true spirit of giving. Let the giver withhold what he cannot give freely; when he gives, let him say to himself, "What I give, I give."

"What I give I have,  
What I keep I lose."

No one who understands this law will give in the expectation of return from those whom he seeks to bless (although it is a delightful and happy

experience when such a return comes.) Rather, he will put his reliance upon God's law of compensation—knowing that just as it is impossible to receive without giving, so is it impossible to give without receiving, and God chooses His own channels. They may or may not be as we expect. If we give freely, we shall receive freely. If we bind others by our giving, we shall in turn be bound. And if we give expecting return from those to whom we give, we are consciously or unconsciously binding them under an obligation that in many cases will be resented, and will call forth not the appreciation and loving response we long for, but rather resentment.

### ***As You Decree***

The law of compensation is a universal law. I establish my own relationship to it. The way it manifests in my life is on the plane of my own consciousness. Jesus made this very clear:

"Take heed that ye do not your righteousness before men, to be seen of them: else ye have no reward with your Father who is in heaven . . . Sound not a trumpet before thee, as the hypocrites do in the synagogues and in the streets, that they may have glory of men. Verily I say unto you, They have received their reward. But when thou doest alms, let not thy left hand know what thy right hand doeth: that thine alms may be in secret: and thy Father who seeth in secret shall recompense thee."

Not only do we establish our own relationship to God's universal law of compensation by our scrupulous fulfillment or our careless negligence of obligations, but we help to encourage or discourage other people's faith in their fellow men.

"I never pray for the things I want," a student says (and wisely). "I pray to merit the things I want, and to attract them under grace and perfect law."

It may seem to us at times that we "get by" with infractions of the law—or more probably we may think that others "get by" and we do not. The truth is that no one "gets by." Everything brings forth after its kind. As we sow, so shall we reap. Men cannot gather grapes from thorns nor figs

from thistles, as the Master so truly said.

### ***No One Is Shut Out***

We are not shut out of all good because we fail to conform to the law of some certain good. None of us appears to express perfection in every area of life. This is often apparent even in school. A pupil may be above average in grammar, considerably below average in arithmetic. The fact that he does not add, subtract, and multiply perfectly does not deny him the rewards (or results) of using words well, or vice versa. An electric-light switch will work as well for a "bad" man as for a "good" man—but the light isn't likely to come on unless the bad-good man pays his electric bills.

It is as simple, and as difficult, as that. Somehow or other we pay for everything in life. Even if this book were given to you, you still would have to "pay" attention to what it says in order to get anything out of it; and you will get only my opinion from it until you put its theories into practice, and prove for yourself that they work.

No one likes the kind of experiences which, up to the very end, give promise of happy, successful outcome, and then at the "eleventh hour" fail of fulfillment; yet when you fail to pay your debt of acknowledgment and gratitude for blessings received, are you not contributing to such a pattern in your life? Life itself is impersonal. It invites you to establish your own relationship to it. By your actions and reactions you are in effect announcing to the universe what you want from life, for what you want is judged not simply by what you *say* you want, but by the total complex of thoughts, feelings, and attitudes that culminate in action. What you do or fail to do speaks more loudly than what you say.

Invariably when we try to state a law of God, we see apparent exceptions to it. Does it not seem that there are those who give much and receive little in return? That there are those who give nothing and receive much? Why is this so? Why do the wicked prosper and the righteous suffer lack? Or does it only seem so?

In a memorable article, "The Come-Back," which appeared in his book *Working with God*, Gardner Hunting wrote about this:

"Now, who gets something for nothing? The man who finds an oil well in his back yard? The woman who marries a rich man? The miner who stumbles upon gold? The fellow who wins in the lottery? The thief who takes a purse or the contents of a bank vault? The swindler who cheats the unwary out of his property? The real-estate shark who sells worthless lots for big prices? The bootlegger who makes his own liquor with wood alcohol, puts bogus labels on it, and sells it as 'just off the ship'? The heirs who destroy the old will or forge a new one so that all the property comes to them? The counterfeiter who makes hundred-dollar bills out of mere paper and ink? The chap who raises a thousand-dollar check to \$10,000? Do any of these get something for nothing? I used to think they did. Often it looks so.

"But the more you watch the individuals who do these things, the more you'll see that the law works with them just as it works with you and me. It's law—just as truly as the law of gravitation is law—and I can't break it. Neither can you. Neither can anybody else. Did you ever know a gambler who got rich? Did you ever know a burglar who had anything left after his pals, his fence, and his lawyers got through with him? Did you ever know a counterfeiter who had a country home and a yacht? Did you ever know a woman who married for money and was happy?

" 'Maybe not,' you say, 'but they got away with the profits of the crooked deal!' Did they? How long did the profits last? Do you *know*?

"Did you ever know anybody to keep the money he won in a lottery? Did you ever know the lucky finder of oil or gold, who hadn't given something for it, to profit by it?

"If you will let go of the rumors and fabulous stories about riches coming to people for nothing, and get right down and investigate, you'll be surprised."

### ***The Longing Soul***

"We suffer," says one writer, "because the soul is incapable of acting otherwise than in justice." We suffer when we do not take into account the importance of soul values, and the fact that "Man shall not live by bread alone."

Luke tells about a man who came to Jesus and asked Him to tell his brother to share a legacy with him.

"Who made me a judge or a divider over you?" Jesus answered. Then He turned to the disciples and asked them to take heed of what He had said.

"Keep yourselves from all covetousness: for a man's life consisteth not in the abundance of the things which he possesseth."

He told them about a farmer whose fields produced such heavy crops that they overflowed his barns. "I know what I'll do," the farmer said, in effect: "I'll pull down my barns and build bigger ones . . . and I can say to my soul . . . 'I've given you enough for years to come. Relax and have a good time!' " But God said to him, "This very night I will ask for your soul, and what will become of all your possessions then?"

Or as Matthew quotes, "For what shall a man be profited, if he shall gain the whole world, and forfeit his life? or what shall a man give in exchange for his life?"

"Owe no man anything, save to love one another: for he that loveth his neighbor has fulfilled the law. For this, Thou shalt not commit adultery, Thou shalt not kill, Thou shalt not steal, Thou shalt not covet, and if there be any other commandment, it is summed up in this word, namely, Thou shalt love thy neighbor as thyself. Love worketh no ill to his neighbor: love therefore is the fulfillment of the law."

Love is something you cannot see, except with the inner eye; but we all know how its spirit within us blesses us and others; how empty and barren life is without it, regardless of appearances.

### ***We Make Our Own Patterns***

A man can conceivably deceive others, and for a time apparently "get by" with violations of the law of compensation; but he cannot long

deceive himself or the Lord of his own being. "What is seen hath not been made out of things which appear," says Paul in his letter to the Hebrews. How true this is! We must be "strong in the Lord," or we are not strong at all really.

A woman, noted for her good works and prominent in civic life, shocked the community when it was found that, as treasurer of a wealthy women's club, she had appropriated most of the bonds which they had been saving toward building a new clubhouse. "How could this possibly be?" one of the members cried, appealing to her minister.

"Have you ever seen, after a great storm, that in contrast to many trees that weathered the storm, a mighty oak with every appearance of strength and stability had fallen? Upon examination it was found that decay had taken place from within, little by little over the years, until finally it was only a shell of what it might have been," was his answer.

God does not punish us for our failure or remissness in obeying the law of compensation—or any other law of being. We punish ourselves.

### ***On This Rely***

Let us conclude this chapter on a happier note, which is an easy thing to do. Though often we are most conscious of what seems to us to be the unfavorable action of a law of God in our life, here is something we can always rely on:

If indeed it is impossible for us to be disobedient to any law of God without experiencing bad results, it is equally impossible for us to escape good results from our conformance to the law!

# January 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2 Choir Rehearsal 9 AM Bell Choir 10:30 AM
3 Sunday Services 10:30 AM Youth Ed 10:30 AM  Burning Bowl Ceremony	4	5	6 AA Men's Group 10 AM  CA 7PM	7 Ukulele Practice 7 PM	8	9 Choir Rehearsal 9 AM Bell Choir 10:30 AM
10 Sunday Services 10:30 AM Youth Ed 10:30 AM  Fourza Chord Ladies' Quartet in Service	11 Prayer Chaplain Meeting 6:45 PM	12 Book Club <b>The Children's Act</b> by Ian Ewan at Bread Co. at 2 PM	13 AA Men's Group 10 AM  CA 7PM	14	15	16 Choir Rehearsal 9 AM Bell Choir 10:30 AM
17 Sunday Services 10:30 AM Youth Ed 10:30 AM	18 Ladies' Night Out at O'Leary's at 5:30 PM	19	20 AA Men's Group 10 AM  CA 7PM	21 Ukulele Practice 7 PM	22	23 Choir Rehearsal 9 AM Bell Choir 10:30 AM
24 Sunday Services 10:30 AM Youth Ed 10:30 AM	25	26	27 AA Men's Group 10 AM  CA 7PM	28	29	30 Choir Rehearsal 9 AM Bell Choir 10:30 AM
31 Sunday Services 10:30 AM Youth Ed 10:30 AM						

## ***Wings***

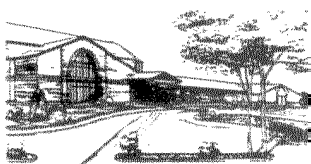
THE JANUARY 2016 NEWSLETTER OF  
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## The light side — A little holy humor

A New Year's resolution is something that goes in one year and out the other.

I'll remember 2015 like it was yesterday.

Many things can be preserved in alcohol this New Year's Eve. DIGNITY is not one of them.

Now is the accepted time to make your regular annual good resolutions. Next week you can begin paving hell with them as usual. - *Mark Twain*

On New Year's, just remember: if your cup runneth over, you've probably reached your limit.  
- *Melanie White*

My New Year's resolution is not to shovel snow. Since I'm gonna be in Florida, I feel pretty good about it.  
- *Greg Tamblyn*

My New Year's resolution is to take all the Christmas lights down by Easter.

I was going to quit all my bad habits for the New Year, but then I remembered that nobody likes a quitter.

God, grant me the senility to forget the people I never liked anyway, the good fortune to run into the ones that I do, and the eyesight to tell the difference.

My New Year's resolution is to stop hanging out with people who ask me about my New Year's resolutions.

This New Year's I'm going to make a resolution I can keep: no dieting all year long.

An optimist stays up until midnight to see the New Year in. A pessimist stays up to make sure the old year leaves. - *Bill Vaughan*

May all your troubles last as long as your New Year's resolutions.  
- *Joey Adams*