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

March 2016

- Inspiration
- Information
- Illumination

Be a Go-Giver

By V. Stanford Hampson

Sometimes we hear others say, "I have no friends," or, "No one really cares about me." Usually such statements are made in self-pity and unhappiness about what they are not getting out of life. Many people feel life has cheated them - perhaps we all feel that way at

times. If we do, it is because we have forgotten that life does not treat; life responds to us.

Only as we forget ourselves in the activity of giving do we live the full life. Through giving of ourselves to others, our lives mean something to them, and consequently to us. In an article that appeared in the Family

Weekly magazine, the author, Joseph Bell, told of a man who was quite successful in business, yet was also free of tension, had no ulcers, was active in his community, and yet knew how to loaf.

His formula? "It's real simple," he said. "It all started back when I was in high school and I'd go out with my friends. You know how parents are likely to say, 'Have a good time'? Well, my folks always told me, 'Give a good time.' 1 thought it over and decided there was a lot more satisfaction in being a go-giver."

If the truth were known, the go-givers get the most anyway. They not only attain success and accomplishment but have the ability to enjoy what they attain. As well, it always makes them feel so good inside in every way they can think of - the more they give, the more they live.

When was the last time you gave a helping hand to a stranger, showed extra courtesy on the highway? When was the last time you told or wrote someone of your appreciation and interest in him? If it was recent, then you already know the good that comes from being a go-giver. If it was longer ago than you care to admit, now is the time to start. At work, at home, at church, everywhere you go - give of yourself to the extreme.

Let this be your assignment this week! See how many ways you can give of yourself for the pure joy of giving. Give your life the direction of giving by utilizing as many opportunities as you can find all about you to be a go-giver. You can forget yourself into greatness - and really find your life by losing it in the joy

of giving. Be a go-giver!

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The Ladies' Night Out Group will meet on Monday, March 21 at 5:30 p.m. at Quincy Street Bistro, 6931 Gravois Ave. For more information call Mary Tumminello Home: 314-843-1807 Cell: 314-814-4530.



March 8: In the Kingdom of Ice by Hampton Sides

April 12: The Man in the High Castle by Philip Dick

May 10: Finding Peter by William Peter Blatty

June 14: Still Alice by Lisa Genova (Anyone who wants to attend the meetings are welcome, male or female, whether they have read the book or not.)



Easter Lilies will once again be available this year. The price is \$8.00. If you would like to purchase lilies in memory or honor of a loved

one your orders must be in by March 20th.

Feed My People

We are no longer collecting coats. Every year Feed My
People gives out produce seeds and encourages their clients to grow some of their own food. All types of produce seeds are appropriate, although tomato seeds are especially popular. Because everyone can use a little beauty in their lives, flower seeds are also welcome. Food is, of course, always useful and this month protein items will be much appreciated.

www.feed-my-people.org

Children's Minister

Youth Education

We sure could use extra hands and hugs. If you could help just one Sunday a month, it would make a big difference.

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.

Save These Dates:

April 24 - Annual Meeting and Pot Luck May 7 - Dean on Dean Concert Sept. 24 - Murder Mystery Dinner Theater On Sunday, March 13th, we are happy to welcome guest musicians East2West who will be joining us for music during our service. We always strive to make music an experience that touches the heart and mind of the entire congregation to bring them closer to God. East2West's contemporary music is intended to enhance and reinforce this experience.

Loin us after the service in

Join us after the service in fellowship for a St. Patrick's Pot Luck lunch.



On March 20th and March 27th the First Unity choir will be singing to celebrate Palm Sunday and

Special Easter Easter. Their voices will certainly lift us to that higher place where we can be

one with God's love and joy at this special time of year.



March Affirmations

Inner Peace: In the silence I connect with my essence of peace.

Guidance: The Christ within guides me to my good.

Healing: The healing presence of God revitalizes me.

Prosperity: I seek God first and prosperity flows to me and through me.

World Peace: One with all beings, I contribute to the consciousness of peace.

March 13th:



SET YOUR CLOCKS !

We truly miss all of you, but it is good to be in sunny Florida. We'd love to hear from you!

Randy and Faye Schmelig 3914 Lake Saint George Drive Palm Harbor, FL 34684 fayeschmelig@gmail.com Phone: 727-754-8771 **Easter Joy**



Joy is prayer. Joy is strength. Joy is love. Joy is a net of love by which

you can catch souls. God loves a cheerful giver. One gives most who gives with joy. The best way to show our gratitude to God and people is to accept everything with joy.

A joyful heart is the inevitable result of a heart burning with love. Never let anything so fill you with sorrow as to make you forget the joy of the Christ risen.

-Mother Teresa

Easter Possibilities

The message of Easter is not only that Christ is risen, not only that suffering is not the last word, not only that God gives new life, but this: Nothing is impossible with God.

-The Rev. James Martin, S.J.

Happy to Help

The International Day of Happiness is observed on March 20 (also the first day of spring this year; coincidence?). Jesus said we'll be happy (or "blessed") when we're meek, merciful, pure and so on (see his Beatitudes in Matthew 5:3-12). In other words, happiness results from putting others' needs above our own.

Research confirms that helping others boosts people's self-esteem, forges strong friendships, offers a sense of belonging and purpose, decreases stress, increases gratitude and sparks others to "pay it forward." In fact, University of Texas researchers found that the "activism cure" is a great way to overcome bouts of sadness. So get helping — and get happy!

Good Saint Patrick

On March 17, many churches, especially those with a large Irish population, will celebrate the life of St. Patrick. He grew up in a Christian home in Britain, but wasn't very religious until a major event changed his life. As a teen, he was captured

and sold into slavery in Ireland, but escaped to Gaul (France) after six years. The years of enslavement strengthened his faith. He later wrote, "In that strange land [Ireland], the Lord opened my unbelieving eyes." He was led by God's voice to return to Ireland where he converted people to Christianity tribe by tribe.

Because Ireland is called the
Emerald Isle, those who celebrate St.
Patrick's Day will wear something
green. Some Christians will even
color food or drink green. Many
Christians will also eat corned beef
and cabbage and decorate tables
with shamrocks. Shamrocks
are actually three-leaf (not
four-leaf) clover plants. Legend
has it that St. Patrick used the three
leaves to teach about the Holy
Trinity: Father, Son and Holy Spirit.

What's near to you?

Author Robert Louis Stevenson said, "The best things in life are nearest." He referred to air in our nostrils, light for our eyes, flowers at our feet and work before us.

Stevenson might also have mentioned friends who truly care, family members who love us unconditionally, the church that provides spiritual nourishment and daily opportunities to aid others.

For example, as a retired couple left a store, they heard a man say he'd forgotten his wallet. The cashier had already rung up the customer's few items. The embarrassed man was about to walk away empty-handed.

Quickly, the exiting couple told the cashier they'd pay the bill. The man, totally surprised, asked the couple who they were and why they were helping him. They offered their names and said they only did what he might have done if the situation were reversed.

A chance to help another person was near, and that couple was blessed for helping. Stevenson was right. The best things are near to us. We only need to look for them — and find the blessings in them.

"Quotable Quotes"

Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around.

—Leo Buscaglia

If Christians can't find a meaningful way to work through the tough stuff without gouging each other's eyes out, it could well be we do not have a hope of modeling anything for the world.

—Bishop Gregory Palmer (UMC)

The difference between what we do and what we are capable of doing would suffice to solve most of the world's problems.

-Mohandas Gandhi

Man cannot live by bread alone, yet still many try to satisfy the inner life with outer accourrements. That is impossible.

-Anonymous

Beware of despairing about yourself; you are commanded to put your trust in God, not in yourself.

—St. Augustine

Forgiveness is the perfume a flower yields after it has been trampled upon.

—Selected

In the mountains of truth, you never climb in vain. Either you reach a higher point today, or you exercise your strength in order to be able to climb higher tomorrow.

-Nietzsche

Man must be arched and buttressed from within, else the temple wavers to the dust.

-Marcus Aurelius

The Resurrection Process By Wayne Manning



Easter is the time we celebrate the resurrection of Jesus, a meaningful time to all of us. We are reminded, in our beautiful Easter services, of the glorious promise that the Resurrection

holds for us, that through the example and overcoming by Jesus the greatest error belief is shown to be false, He gave us the most graphic demonstration possible to show that the belief in death has no basis in reality. This great central truth has a definite place in the theology of nearly all Christians. But it seems we often leave the resurrection experience to Jesus and see it for ourselves as only a future possibility. Can we possibly re-examine our concept of resurrection and gain an insight that we can apply in our lives right now, at this moment in consciousness?

All of the demonstrations of Jesus, including the resurrection of His body, were the result of His realization of a higher state of consciousness. Webster defines resurrection as a "rising from the dead." *Rising* is the key word, a word that implies more than an event; it implies a process or an activity. Let us explore then the idea that moving from one state of consciousness to a higher state is the very essence of the resurrection experience.

First, we must realize that resurrection is more than a noun that describes a fact, or an end, or a state. Again, resurrection is a process, an activity. Resurrection is a movement in consciousness, an activity in mind. Perhaps we can get a better idea of this rising process by using the analogy of making bread. We know that when we combine the proper ingredients in dough and do our work in proper order, we must then wait for the dough to rise before it can be

baked into a loaf. The rising activity must take place before the loaf can be accomplished. The "fruit" of the process, the activity, is the risen loaf, just as the "fruit" of the raising activity in consciousness is a raised "something," whether it be a body, a situation, or a state of consciousness.

A Process

If we think of the resurrection of Jesus as a process, an activity that worked in His consciousness, an activity that He used and taught throughout His ministry, we can begin to see how this process works. We can begin to understand how we can use this same process in our own lives as we work with our own growth in consciousness.

It seems obvious, because Jesus literally raised His body from what we call the death state, that He was operating from the highest state of consciousness we can imagine. But He got to that state by allowing this raising process, this resurrection activity, to work in Him, and He worked with it. Degree by degree, level by level, Jesus expanded in consciousness until He reached the state of awareness that manifested as His risen body. His raised body was the demonstration of a raising activity that had already occurred in His mind before and during the Crucifixion. Jesus understood and used this process daily, and we can see many examples of this in the Gospels. As we examine these, let us think of resurrection in this broader sense-as an activity, a raising from one state to another. Let us think of the resurrection of the body, not as a goal in itself, but as a marvelous byproduct of an extremely high state of consciousness that one can attain, as did Jesus, by consciously and consistently "seeking first the kingdom of God," which is the true

We do not simply jump from where we are in consciousness to that high state; we grow and unfold into it. The raising activity must take place before the dough becomes the loaf. In terms of time, one can have a resurrection experience in what seems to be an instant, or it may take a great deal of work and passing time to achieve a particular level of awareness. But the process still must take place, and the activity of raising is always involved. We prepare for that ultimate resurrection of the body with smaller resurrections right now, remembering that the process is just the same.

One of the first examples of the resurrection activity in Jesus' life came at the very beginning of His ministry as related in Matt. 4:1-11. He had just been baptized by John and was being tempted in the wilderness. In metaphysical thought, we understand that these temptations were occurring within Jesus, in His mind. In other words, He was having a discussion with Himself, as you and I often do when weighing the pros and cons of any situation. He was in the wilderness of conflicting thoughts. He had just had a tremendous spiritual experience in His baptism and He was becoming fully aware of His powers as a conscious Son of God. He suddenly realized that if He wanted to, He could turn the very stones around Him into bread. When we read "bread" in the Bible, we can generally understand it to represent substance; anything needed for material existence. Jesus knew He could use His power to acquire all the substance, all the material wealth He might want. In the second temptation, He realized He could act in any way He chose without danger to Himself - His power would protect Him. He then realized that with His new awareness He could literally rule the world if He wanted to. But at the same time all these tempting thoughts were going through His mind, He had an awareness that there was something higher, something more valuable than these outer things. The spiritual or divine part of Him, His I AM, the Christ in

Him said, "No, there is a higher way, an inner dimension."

We all have these polarities in our own consciousness; the human and the divine. We are aware of and guided by sometimes one and then the other, and the character and quality of our life are determined from the gestalt of our awareness. Charles Fillmore called this human part the "independent personal consciousness," and he taught that this is very necessary for us, as it affords us the opportunity for choice. Certainly choice is essential for growth: we always need this opportunity to choose. The human self is not to be done away with or replaced by the spiritual self as we sometimes think; what we must do is make this independent personal consciousness, this human self, subservient to the spiritual or Christ self. Then we still have the opportunity for choice, but our choices may be guided by wisdom.

The Inner Kingdom

This is what Jesus did in this situation. Guided by His spiritual awareness, He immediately and firmly denied the option of worldly goods and power, "Man shall not live by bread alone" (Matt. 4:4), and chose and affirmed the inner kingdom. "You shall worship the Lord your God and him only shall you serve" (Matt. 4:10). He allowed the Christ in Him to have dominion and His personal self became an obedient, obliging, and valuable servant. Then what happened? Then the devil left him, and behold, angels came and ministered to him, (Matt. 4: 11). Angels in the Bible can be metaphysically interpreted as divine ideas, ideas from Divine Mind, or God-Mind. As always happens when we allow our own spiritual nature to express in our life, we have an infilling of these divine ideas; angels minister to us, as they did to Jesus.

Can we see the process at work here? Jesus was in a certain state of consciousness and He was having thoughts about all the possibilities that were open to Him, both human and divine. The process, the lifting activity, was working in Him, as it constantly works in us, and was calling Him higher, and He went with the calling. Jesus followed the process and gave it permission to complete itself. This is very important: He gave the process permission to fulfill itself by revealing to Him a higher idea. Jesus had the resurrection experience of moving from a limited state of consciousness with its temptations to a higher and much less limited state, in which He became aware that "seeking first the kingdom" provides the necessary outer needs through the outworking of law. The result of this activity in mind was that all the ideas pertaining to this new higher state the angels - rushed into His mind, replacing the lower ideas of the old state, and He began His ministry in earnest.

Our Temptations

Are we not often tempted in our own life, as was Jesus? Perhaps not in the same degree, but certainly in kind. For example, we often find ourself in a position of authority over other people, whether it be over the children in our home, or as president of a corporation employing many people. How do we exercise this authority? What are our motives?

Let us suppose for a moment that you have had a certain job for several years, and for some reason you do not understand, you have never gotten along with a particular coworker. You cannot imagine what you might have done or said to this person to cause him to treat you so badly, but he does, and most of the time, you're pretty miserable because of this person's animosity toward you and angry because of his treatment of you. Suddenly, you get promoted to supervisor of the department you both work in. You realize that this person is now working for you, responsible to you, and you have

nearly total authority over him in your new position. Can you imagine what very understandable thoughts go through your mind at this moment? This person has treated you horribly for a number of years, and now he is answerable to you. Who among us would not have thoughts of revenge, thoughts of paying the person back, knowing that there are many subtle ways of doing this in our new position without danger to ourselves?

Our independent personal consciousness is offering us this tempting opportunity and the choice of whether or not we do this thing. The voice of our human side is saying, "This person is now answerable to me, and now is my chance to even the score."

But there is another voice speaking and, if we are open enough, we can hear it. This voice is saying, "But what is my responsibility to him and to myself? What if the situation were exactly reversed and he were the supervisor? How would I want him to treat me?" The process is beginning to work, the call to come up higher in our thinking and feeling is being sounded, and if we follow the call and give it permission to fulfill itself, if we can really see ourselves with the roles reversed and feel how we would want to be treated, we will suddenly realize we must conduct ourselves in exactly this same way, not only toward our old enemy, but toward all those whom we now lead. A sense of our own responsibility comes, guided by love and wisdom, the angels from Divine Mind, and we exercise our authority with new insight. We have had a valuable resurrection experience; we have had a breakthrough in consciousness that affects us not only in this job situation, but in every area of our lives, because we will see everything and everyone in a new light.

Repentance

Some of the ways Jesus taught this resurrection process are tied in

with His teachings on repentance. We usually think of repentance as being sorry for some past deed, which was the main meaning in Hebrew, but the Greek word that is translated as repentance in the New Testament, metanoia, carries a much deeper meaning. We are actually dealing with three words - the Hebrew word for repentance in the Old Testament, the Greek, metanoia. in the New Testament, and the Aramaic word that Jesus probably spoke. Aramaic scholars say that the Aramaic word is very close in meaning to the Greek *metanoia*.

Metanoia means, "to have a fundamental transformation in mind or character"; in short, to repent is to change one's mind. The object then, in the resurrection process, is to change one's mind to a higher plane of thinking, to allow this lifting activity to work in one's self until there is repentance, a fundamental change of mind. Paul expressed it as, be transformed by the renewal of your mind (Rom. 12:2). This was Jesus' message in Mark 1:15, "The time is fulfilled, and the kingdom of God is at hand; repent, and believe in the gospel." He is saying, "Now is the moment we must work. The kingdom of God is not in the past, not in the future, but right now. The time is fulfilled. Change your mind and believe that what I am saying to you is true. The kingdom of God is within you. Listen to the inner calling and go with it. Give it permission to resurrect your thinking and you will be able to do these things that I do." Then He proceeded to demonstrate this great truth for the next three and one-half years, right up to the ultimate demonstration - the

resurrection of His own body. When we begin with the temptations of Jesus given in Matthew and then read the accounts of His ministry, a definite pattern emerges. It is very important in the understanding of the resurrection process that we become aware of this pattern, this expansion of Jesus' understanding and consequent

greater and greater demonstrations. Jesus did not resurrect His body at the beginning of His ministry, but at the end. At the beginning, He resurrected His thinking from a level of possible temptation to a level above outer temptation, then He began to teach this remarkable doctrine of mind-changing and a belief in an inner kingdom. As His ministry unfolded and these new ideas expanded in His consciousness, He was able to influence His environment and to control physical elements as He turned water into wine and fed the multitudes. He was able to teach in such a manner that many people repented enough, or changed their minds enough, to be healed of all kinds of diseases, as evidenced by the many healing miracles in the Gospels. Notice that at first He touched them, as in the case of the leper recounted in Matthew 8:2, 3. As the idea of wholeness increased in expression through Him, He was able to send His Word, as in the case of the centurion's servant in Matthew 8:5-13. As His consciousness expanded even further, through His cooperation with that inner calling to come up higher. He was able to cause the bodies of others to be resurrected. He was able to contact the soul of the "dead" Lazarus, and that soul realized the truth of its being, allowed the resurrection process to take place, and resumed life in the body of flesh. And finally, Jesus was able to demonstrate the almost incredible event we celebrate at Easter. He followed the inner calling and went with the lifting activity all the way, knowing the truth of eternal life in God. He went through a personal death experience and emerged a pure spiritual being, with a regenerated spiritual body - a body of light.

Jesus had these things to say to us as He taught, "Truly, truly, I say to you, he who believes in me will also do the works that I do; and greater works than these will he do ... " (John 14:12), and "The time is fulfilled, and the kingdom of God is at hand; repent, and believe in the gospel" (Mark 1:15). There is that within us ever calling us toward the Father, toward the things of Spirit. Now is the time to hear and answer the call. Now is the time to allow the resurrection process to begin its work in us. Let us celebrate the Easter experience every day as we consciously heed the call to come up higher, that we may undergo the resurrection experience in consciousness, manifesting as a resurrected world.



God Is Everywhere

By Dorothy Pierson

Sometimes I think we make too much

Over our search for God. We build a building and declare Him

We find a quiet place, all sun and air, And search the stillness for Him there.

Yet in the noisiest places too, God abides. In busy places where we eat,

In every shop along the street, In every house, in every town . . . He doesn't hide nor settle down In just one place.

God is everywhere!

It's such an inner secret joy To talk to God and let His grace Bless our ways; To see within our busy days The evidence of His loving care, To sense God's presence everywhere!

March 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 AA Men's Group, 10AM CA, 7PM	3 Ukulele Dinner & Concert, 5:30PM	4	5 Choir Rehearsal, 9AM Bell Choir, 10:30AM
6 Sunday Services 10:30AM Youth Ed 10:30AM	7	8 Book Club In the Kingdom of Ice by Hampton Sides at Bread Co. at 2PM	9 AA Men's Group, 10AM CA, 7PM	10	11	12 Choir Rehearsal, 9AM Bell Choir, 10:30AM
13 Sunday Services 10:30AM Youth Ed 10:30AM Guest Musicians: East2West St. Pat's Potluck	14	15	16 AA Men's Group, 10AM CA, 7PM	17 Ukulele Practice, 7PM	18	19 Choir Rehearsal, 9AM Bell Choir, 10:30AM
20 Sunday Services 10:30AM Youth Ed 10:30AM Palm Sunday	21 Ladies' Night Out, Quincy Street Bistro, 6931 Gravois Ave, 63116 at 5:30PM	22	23 AA Men's Group, 10AM CA, 7PM	24	25	26 Choir Rehearsal, 9AM Bell Choir, 10:30AM
27 Sunday Services 10:30AM Youth Ed 10:30AM Easter Sunday	28	29	30 AA Men's Group, 10AM CA, 7PM	31 Ukulele Practice, 7PM		

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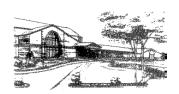
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The light side — A little holy humor

A kindergarten teacher gave her class a "show and tell" assignment of bringing something to represent their religion.

The first boy got in front of the class and said, "My name is Benjamin and I am Jewish and this is the Star of David."

The second boy got in front of the class and said, "My name is Mary. I'm a Catholic and this is the Crucifix."

The third boy got in front of the class and said, "My name is Tommy and I am Baptist and this is a casserole."

A little boy was kneeling beside his bed with his mother and grandmother and softly saying his prayers, "Dear God, please bless Mummy and Daddy and all the family and please give me a good night's sleep."

Suddenly he looked up and shouted, "And don't forget to give me a bicycle for my birthday!!"

"There is no need to shout like that," said his mother. "God isn't deaf."

"No," said the little boy, "but Grandma is."

One balmy day in the South Pacific, a navy ship espied smoke coming from one of three huts on an uncharted island.

Upon arriving at the shore they were met by a shipwreck survivor. He said, "I'm so glad you're here!

I've been alone on this island for more than five years!"

The captain replied, "If you're all alone on the island why do I see THREE huts?"



The survivor said, "Oh. Well, I live in one, and go to church in another."

"What about the THIRD hut?" asked the captain.

"That's where I USED to go to church."
