

# 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

November 2016

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

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## The Power of Gratitude

*By J. Sig Paulson*

Gratitude generates remarkable energy. Once released through us in praise and thanksgiving, it awakens us to an awareness of the good that is everywhere present and active in our behalf.

Through condemnation and ingratitude, many have shut themselves off from the heaven in which they live, move, and have their being. Even a versatile and infinite Creator cannot bring good into the experience of one whose mind and heart are ungratefully and ungraciously closed to good.

Condemnation and ingratitude sour the mind and heart and leave the victim simmering in a hell of his own making. Expressed gratitude, however, generates the energy that changes all that and enables one to appreciate how good life and all that God has made really are-as you are about to discover. Gratitude is readily available, unlimited in quantity, quick and effective in its action.

You will soon realize that this article is more than a message about gratitude. It is really an exercise in gratitude that is entering your experience through the medium of words. As you accept the exercise with an open mind and heart, gratitude, praise, and thanksgiving will become permanent factors in your experience.

Here is a verbal foundation on which to start: *I praise and give thanks to God.*

When you have a little time to spend in a quiet place by yourself, use the above words-first silently, then audibly. Even a little practice will enable you to feel a flow of energy through your entire being, and you will have no difficulty finding things for which you can give praise and thanks to God.

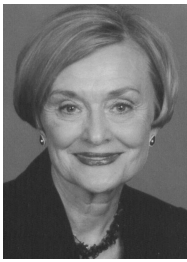
To praise a thing is to acknowledge the good in it.

In a real sense, this is to acknowledge the presence of God in it. To give thanks is to give grateful thought and feeling to the one Source, God. This simple explanation will deepen your understanding and your working knowledge of gratitude.

Our expression or release of gratitude through praise and thanksgiving can start in any area of our lives and bring immediate results, because the instrument of praise and thanksgiving receives the first benefits. But let us begin with what really counts - our own inner nature.

*--Continued on page 4*





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WINGS NEWSLETTER  
Faye Schmelig, Editor  
Email:  
fayeschmelig@Gmail.com

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

## Wings

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### Thanksgiving Eve Service

First Unity will host the combined Thanksgiving Eve Service this year.

Plan to join us on Wednesday, November 23 at 7:00 p.m. for the service. We will serve refreshments afterwards. Sign-up sheets will be available for those willing to bring goodies to share with all our Unity friends.



**Quilts for Kids** will be taking a holiday break during November and December. They will resume after the New Year. For more information, contact Jane Vondruska (636 226-4562) or Sandy Etheridge (314 309-8136).

The **Ladies' Night Out Group** will meet on Monday, Nov. 21<sup>st</sup> at El Agave, 403 Watson Rd., in Crest-wood. For more information call Mary Tumminello Home: 314-843-1807 Cell: 314-814-4530.



**November 8:** The Ginger Tree by Oswald Wynd  
**December 13:** Man Called Ove by Fredrick Backman  
**January 10:** The Silent Sister by Diane Chamberllein  
(All are welcome, whether you have read the book or not.)



**eScrip News** – Remember to use your eScrip card at Schnuck's. Go to [www.escrip.com](http://www.escrip.com), or look for the link on the First Unity website to earn money for First Unity as you shop. Thank you!



**Feed My People** ... for I was hungry and you gave me food; I was thirsty and you gave me something to drink; I was a stranger and you welcomed me.  
-Matthew 25:35

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

### Youth Education

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



**Visit the National Blues Museum in downtown St. Louis:** Join us



there at 10:00am or meet at First Unity at 9:15am to carpool. There will be a signup sheet at the church if you want to attend or call Sandy Etheridge at 314-638-8542.

Cost is \$15 for adults, \$12 for seniors, \$10 for children 5-17 and college students with ID.

### Save these dates:

Decorate for Christmas: Nov. 26 at 9:30 a.m.  
Christmas Party & Luncheon: Dec. 18 following Sunday Service  
Christmas Candle Lighting Service: Dec. 25 at 10:30 a.m.  
Remove Christmas Decorations: Jan. 7

### St. Louis Ukulele Group Concert & Turkey Dinner

Nov. 17, 2016  
Doors Open: 5:00 p.m.  
Dinner: 5:30 p.m.  
Concert: 7:00 p.m.  
\$15 adults - \$7.50 children  
Contact Joan Mueller: 314-849-7205

### Dean Christopher

#### "Classic Vegas Christmas"

Come hear Dean's "12 Days of Christmas"  
Friday, Dec. 2<sup>nd</sup>, 7:30 p.m.  
First Unity Church of St. Louis  
Tickets: \$20.00  
Call: Church @ 314-845-8540  
or Chuck: 314-614-2950  
Special Guest: Craig Hawksley

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.



### November Affirmations



**Inner Peace:** Peace is my breath, and serenity is the beat of my heart.

**Guidance:** My inner wisdom guides me on my path to good.

**Healing:** Mighty currents of God's healing love flow through me now.

**Prosperity:** With a grateful heart I open to divine supply.

**World Peace:** I behold the Christ in all people and envision peace throughout the world.

## Fueled by thankfulness

Thankfulness is not a minor virtue. It is not one of the elementary virtues [that] may be left behind as we become more mature. I believe that thankfulness is essential to the strength of every virtue, and that without it every other branch is starved and lean.



Life without thankfulness is devoid of love and passion. Hope without thankfulness is lacking in fine perception. Faith without thankfulness lacks strength and fortitude. Every virtue divorced from thankfulness is maimed and limps along the spiritual road.

—John Henry Jowett

## Use it all up

About two-thirds of Americans say eating Thanksgiving leftovers is more important than eating the actual holiday meal. That's one of the few times people hope food is left on the table.

When it comes to giving out blessings, God doesn't want any leftovers to remain. In Genesis 12:2, God blesses Abraham so he will be a blessing to others.

Charles Stanley writes: "A hoarded blessing is never enjoyed as richly as a shared one. Using your gift to meet someone else's need glorifies God by demonstrating his grace at work in your life. Don't let his generous provisions end with you. Pass them on and discover the joy of a never-ending cycle of blessings."

## Learning to repent

Just as we learn to read, share and play ball, we learn to apologize, right a wrong and repent. Grace-filled parents, teachers and other adults can guide that process.

A young visitor to a national park took home a pine cone, despite the adage to "take only photos and leave only footprints." But the child — likely prompted by Mom or Dad — later thought better of it. Opening a

lumpy envelope from the mail, a park ranger was tickled and touched to discover the pine cone. An anonymous note in childish script explained regret for "my decision" and asked that the bit of nature be returned to its rightful place.

Repentance is tough, but the caring support of someone more mature in life and faith can make it easier. May we all keep learning to say we're sorry.

## Everyday miracles

When Joan Luise Hill's son survived a dire medical diagnosis, two friends recognized that divine intervention had occurred. Hill wasn't so sure, though. "How could I have experienced a personal miracle in today's world?" she writes in *The Miracle Chase* (Sterling Ethos). "Wasn't that something that only happened in the Bible or to someone else?"

Then one day, during a visit to the park, Hill learned a lesson about everyday miracles. "There's a white rainbow!" shouted her 5-year-old son. She told him it was just a jet trail, but the boy replied, "Not to me. It's beautiful."

That was an "aha!" moment for Hill. "Why couldn't a rainbow be white?" she asks. "Maybe it was time to shift my thinking. Perhaps there are 'rainbows' all around us; but since we only see them a piece at a time, we mistake them for something else. Miracles happen. We may not always notice them, but they exist, and the choice to recognize a miracle is up to each of us."

## God's Gifts for Me to Share

God gives me the thoughts  
And I'll weigh them.

God gives me the words  
And I'll say them.

God gives me the prayers  
And I'll pray them.

God gives me all things  
And I'll share them.

—Peggy Ferrell

## "Quotable Quotes"

Thanksgiving, after all, is a word of action.

—W.J. Cameron

Greed says the more you get, the more you have. Christ says the more you give away in love, the more you are.

—Frederick Buechner

Anyone who truly loves God travels securely.

—St. Teresa of Avila

The charity that is a trifle to us can be precious to others.

—Homer

It isn't enough to talk about peace. One must believe in it. And it isn't enough to believe in it. One must work at it.

—Eleanor Roosevelt

It is the heart that gives; the fingers just let go.

—Nigerian proverb

Grace is like "grits" at a Southern breakfast. It's there ... you don't ask for it; it's just given to you.

—Henry Barton

O Lord, that lends me life, Lend me a heart replete with thankfulness!

—William Shakespeare

You'll become closer to God not by presenting God with your troubles, but by thanking God for your blessings.

Thou hast given so much to me. Give me one thing more — a grateful heart.

—George Herbert

The worst moment for the atheist is when he is really thankful and he has no one to thank.

—G.K. Chesterton



### *In the Image and Likeness of God*

According to the Bible, all of us are made in the image of God, our Creator. So let us begin to appreciate this great Truth. Returning to the verbal foundation we have already laid our exercise in gratitude will begin with these words: *I praise and give thanks to God for His image in me.*

You cannot repeat these words sincerely for long without feeling a flow of energy that lifts your whole being. And perhaps for the first time, you will begin to appreciate who and what you are. Although you may have buried your real self, your identity, in the mire of condemnation and ingratitude, it will soon respond to your words, thoughts, and feelings of gratitude expressed through praise and thanksgiving.

Now for a refreshing approach to praying for others, use the same gratitude exercise in this way: *I praise and give thanks to God for His image in you.*

The finest help we can give another human being is to recognize gratefully his true identity. This exercise in gratitude performed silently and sincerely, will often change another's life for the better, at least as far as you are concerned. Don't settle for my words - practice on your own! Jesus said that we are the light of the world. This enlightening information should make us most grateful. Try this exercise: *I praise and give thanks for the light of the world that I am, and for my expanding ability to let that light shine.*

Consistent practice of this exercise will erase darkness from mind, heart, body, and affairs and fill your whole being and world with light. It will be easy for you to rephrase this word exercise so that you can be a real help in letting light into someone else's life.

Paul told us that after we discover our real identity, we stop letting ourselves be pushed around by the world of appearances and become a life-giving spirit. This news should be the occasion for a real exercise in gratitude!

Here is an affirmation with which to begin: *As a life-giving spirit, I praise and give thanks for the power to stimulate all the life and health-distributing centers of my mind, heart, and body.*

Or, *As a life-giving spirit, I praise and give thanks for the power to release the vitalizing energy of eternal life into all that concerns me. I joyously charge mind, heart, body, work, relationships with other people, and my whole world with the refreshing life current I distribute.* With these two exercises in gratitude as a starter, you will soon find many more that will become uniquely your own. And don't stop with yourself: As a life-giving spirit, you can send a current of energizing life into another's experience.

### *Good Is Always Present*

Even in the face of difficulty and negative appearances we can use our gratitude exercise in praise and thanksgiving. The fact that our physical senses cannot detect the good does not mean that it is not there. Good is omnipresent. It is only our awareness of good that has "holes" and "vacant spots" in it.

But our faith can make up for any deficiency in our awareness. That is why we have it. Here is a verbal foundation that will stimulate gratitude and faith when we are faced with negative appearances: *In faith, I praise and give thanks for the good that is everywhere present. My faith makes that good substantial and real to me, and I rejoice in it.* Stay with the exercise until the invisible good becomes visible.

No situation is so grave or difficult that an exercise in gratitude cannot improve it. Inspired men of all ages and religions and

philosophies have always known the power of gratitude. They have recommended its use, both in times of joy and in times of trial.

Like all powers and energies available to us, gratitude must be exercised constantly if it is to be of any benefit to us and our world. Let your gratitude pour forth in praise and thanksgiving, not through words alone but through thought and feeling, and every atom, cell, and organ of your being. Soon your whole world will rise, freed forever from the burden of condemnation and ingratitude that has bound it for so long.

Appreciate the world of good our Creator has given us. Claim the energy that stems from gratitude in praise and thanksgiving. And do it here and now!



### **What Is in Thine Hand?**

By Eleanor Halbrook Zimmerman

When Moses protested to the Lord that he had no powers with which to persuade the Israelites to hear him, the Lord said to him, "*What is that in your hand?*" (Exod. 4:2) And Moses answered, "*A rod.*" We, like Moses, have in hand miraculous and undiscovered powers with which to face life and conquer error. We have the rod of faith, the rod of love, the rod of authority, if only we will exercise it.

God has equipped us for our life's journey. He has not left us unsupported in our battles. We may feel at times that we are alone and unprotected, but this is never true. He is always with us no matter what our situation, and His resources are ours if we will trust His leading.

The rod in Moses' hand was of such common daily use that he had ignored it. It is often so with us and our spiritual powers. We do not realize their implications and so fail to call upon them. Let us consider



together some of the powers we have in hand.

### *You Have Imagination*

We have in hand a little imagination. "Oh," someone will say, "what has that to do with Christian experience?" Much, in every way! The men and women who have followed Jesus Christ have all been people with imaginative powers above the average. The disciples possessed them to a marked degree. Because the mind has power to create images, the light of Bethlehem's manger streams as radiantly today as it did centuries ago, and the figure of Christ has shaped the ages through the minds of men devoted to Him. No figure in the world's history has ever so appealed to the imagination of men as has the Man of Galilee, and He comes to us still in the imagination of our hearts as the very Prince of Peace and the Shepherd of our souls. We feel His loving arms about us in our sorrows; we know His smile when we are happy; we hear His consoling voice within us when we are troubled; we sense His touch upon our hearts when we pray. Because of Him we are never alone or abandoned, and whatever our failures we are never without hope.

### *You Have Strength*

We have in hand a little strength. It may not seem like much, but under God, it is sufficient for the day's journey. Let us not look at yesterday or tomorrow but, strong in faith, use today with all integrity. If our responsibilities seem mountainous, let us remember Confucius' saying, "The man who removes a mountain begins by carrying away small stones." Someone else has said, "Courage is fear that has said its prayers." Let us remove the small stones that hinder life's way and in due time we shall have the strength to deal with its boulders. "Not by might, nor by power, but by my

Spirit, says the Lord of hosts."  
(Zech.4:6)

### *You Have Joy*

We have in hand a little joy! Oh, let us exercise it!  
*Thou hast loosed my sackcloth and girded me with gladness.* (Psalms 30: 11) Let us turn to the deep wells within us and draw forth the miraculous wine of gladness to fill the brimming cup of life. Every bird that sings, every breeze that whispers, every river that runs, would tell us of the Lord and the joy of His universe.

### *You Have Music*

There is a song in us which, despite the deepest sorrow, would make itself heard above the clamor of daily life, a lilting strain of hope and assurance to lift us and bear us up to heavenly places in the Lord. This is our own music, the deepest expression of our being, as native to us as the air we breathe, and we should never let it be lost in the busyness of daily living. Let us deliberately seek and augment all joyful things, for God has given them to us for a heritage. Happiness is less a matter of position than of disposition!

### *You Have Faith*

We have in hand a little faith; not enough as yet perhaps to perform miracles, but enough to touch life with beauty, enough to trust in the heart of a friend, enough to order the transactions of our day with security and honor. When we feel that our faith is small, let us remember Brother Lawrence's words: "I walk before God simply, in faith, with humility and with love, and I apply myself diligently to do nothing and think nothing which may displease Him .... A little lifting up of the heart suffices. A little remembrance of God, one act of inward worship ... are prayers which,

however short, are nevertheless very acceptable to God."

We increase faith by acting upon it, and it grows from miraculous seed as corn grows, first the root, then the blade, then the full ear of fruition. If we are faithful to the measure of what we have, we shall come in time to the full-grown faith that moved within God's saints all down the centuries. Let us never doubt God's goodness. He will give us greater vision as we are able to bear it.

### *You Have Wealth*

We have in hand a little wealth. "I came that they may, have life," said Jesus, "and have it abundantly." (John 10: 10) Whatever reverses we may have suffered, whatever lack, we may face life bravely if we keep in mind the fact that we are heirs to our Father's wealth. God is saying to us today as He once said to Cyrus, "I will go before you and level the mountains, I will break in pieces the doors of bronze and cut asunder the bars of iron, I will give you the treasures . . . that you may know that it is I, the Lord." (Isa. 45: 2)

We are never separated from our Father's bounty. Let us use such wealth as we have with generosity and faith, and God will increase our substance. He understands our need, and is eager to supply it if we walk in His way with humility and love. But let us keep in mind that we cannot prosper while disobedient. If we would have the increase God has promised we must eliminate willfulness, greed, and selfishness. When we pray for increase, as is our right as God's children, let us first examine ourselves as to what we are permitting in our lives. There must be no known error undealt with, lest its presence hinder God's good blessings and our prayers.

### *You Have Talent*

We have in hand a little talent. You are a very special person. There has never been anyone like you

before, nor will there ever be anyone like you again, for you are uniquely your heavenly Father's child, equipped with powers and talents entirely your own. For these you are held responsible. You have work to do in the world, a witness to make, a journey to accomplish, a mission to fulfill, and however humble may seem your place in life, you are an important part of God's heavenly kingdom. Our happiness lies less in changing our works than in doing for God's sake that which we commonly do for our own. When our every effort is dedicated to Him we shall find that the lowliest task shines with His presence and blessing. Dwelling in His presence continually is the secret of all true service.

### *You Have Truth*

We have in hand a little Truth to light our way, a little hope to lift our heart, a little understanding with which to regard our fellow men, a little concern for others, a little love. Let us not be downcast if the quantities seem small. Let us pour out to God without stint all that we have, and He will give us the needed increase day by day until we shall come at last to that true abundance which is His will for us. We are His planting, His fruited bough, His green acres, His holy kingdom, and nothing shall separate us from His love and protection. Deeply within us we can hear Him saying, *"Fear not, little flock, for it is your Father's good pleasure to give you the kingdom."* (Luke 12:32)

Let us worship Him in the beauty of holiness, and serve the Lord with gladness, for as the Psalmist says, *"The Lord is good; his mercy is everlasting; and his truth endureth to all generations."* (Psalms 100:5 A.V.)



## **Thoughts as Gifts**

*By Beva Rice*

I think the very finest gift that one person can give to another is a new thought. It is something that can be used and enjoyed long after it is received.

Although the importance of thought is not new to me as a student of the Unity teachings, the idea of giving thoughts as gifts has just recently occurred to me. Here is something that I can give to another person, something as real as a birthday gift wrapped and tied in colorful paper and ribbon.

I do not specifically remember many of the material gifts that have been given to me in my lifetime, but the thoughts that have been shared with me I will never forget. Some of them have changed my whole way of thinking. As I think of them now in the light of gifts, I realize how richly I have been blessed, how generously other people have shared their ideas and their inspiration with me.

Just as there are a thousand different things that can be given as gifts, so there is no end to the thoughts that can be shared. Most of us do not realize that we are giving gifts when we share our ideas with others. I know that the service station owner, who kept a notebook handy in which he could jot down notes of interest to share with his customers and with his wife, did not think of himself as giving his understanding, his wit, and his knowledge of human nature for the entertainment and help of others.

I know that the woman who helped her husband overcome an inferiority complex by helping him to appreciate himself and make good use of his abilities did not think of herself as giving him a gift beyond price.

And certainly the teacher who gave a friend of mine a new conception of God and life that resulted in her recovery from a disease pronounced incurable by the

doctors did not think of herself as giving a gift, the gift of life itself!

There was a woman who needed employment, but thought of herself as too old. She felt depressed and downhearted about her prospects. A friend did not give her a job, but he gave her the gift that she needed most—faith in God and faith in herself. His gift helped her to see herself as a child of God, to feel needed in the world, and be free from limitations. She found her right place because she took with her in her search the new idea that had been given to her.

There are so many thoughts in our mental storehouse that we can give, and we find that the more we give, the more we increase our capacity for giving. The ability to understand life increases as we seek to understand ourselves and other people. The ability to give good thoughts increases as we increase our faith in God, our faith in good. The ability to share our thoughts effectively and eloquently increases as we practice sharing them. We find that we can make our thought-gifts more attractive by wrapping them in appropriate words, and we can make them most acceptable by giving them in a spirit of love and friendliness.

While it is plain to see that the world needs the gift of ideas which will enable all people to live together in peace and plenty, most of us do not think of ourselves as having ideas great enough to share. But the world begins for me where I am, and it begins for you where you are. We hear much about spheres of influence in relation to world affairs. We all have our own sphere of influence. I may not be called upon to bring my ideas to a meeting of world leaders, but I can contribute my thought-gifts to the people about me. Such giving of constructive and uplifting thoughts will help me to make my life more interesting, and I will be doing my part to bring peace to the world.

# November 2016

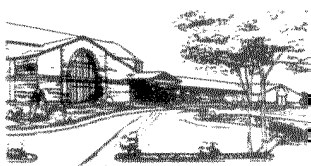
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 A.A. Men's Group, 10 AM  CA 7PM	3  Ukulele Practice, 7PM	4	5 Choir Practice, 9AM
6 Sunday Services, 10:30 AM Youth Ed, 10:30 AM	7	8 Election Day  Book Club, <b>The Ginger Tree</b> by Oswald Wynd at Bread Co. at 2PM	9 A.A. Men's Group, 10 AM  CA 7PM	10	11	12 Choir Practice, 9AM
13 Sunday Services, 10:30 AM Youth Ed, 10:30 AM	14	15	16 A.A. Men's Group, 10 AM  CA 7PM  Planning Mtg, 6PM Board Mtg, 7PM	17  Ukulele Concert & Turkey Dinner, 5PM	18	19 Choir Practice, 9AM
20 Sunday Services, 10:30 AM Youth Ed, 10:30 AM	21 Ladies' Night Out at El Agave, 403 Watson Plaza, 63128 at 5:30 PM	22	23 A.A. Men's Group, 10 AM  CA 7PM  All Unity Thanksgiving Eve Service, 7PM	24  Thanksgiving Day	25	26 Choir Practice, 9AM  Decorate for Christmas, 9:30 AM
27 Sunday Services, 10:30 AM Youth Ed, 10:30 AM	28	29	30 A.A. Men's Group, 10 AM  CA 7PM			

## *Wings*

THE NOVEMBER 2016 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](mailto:firstunity@firstunitychurchstlouis.org)  
[www.firstunitychurchstlouis.org](http://www.firstunitychurchstlouis.org)



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# The light side — A little holy humor

**A pastor's wife was preparing pancakes for her young sons.** The boys began to argue over who would get the first pancake. Their Mother saw the opportunity for a moral lesson. If Jesus were sitting here, He would say, "Let my brother have the first pancake. I can wait." The oldest boy turned to his younger brother and said, "You be Jesus."

**A preacher was completing a temperance sermon.** With great expression he said, "If I had all the beer in the world, I'd take it and throw it into the river!" The congregation nodded their approval. With even greater emphasis he added, "And if I had all the wine in

the world, I'd take it and throw it into the river, too!" The people clapped and were saying "Amen." And then finally, he concluded, "And if I had all the whiskey in the world, I'd take it and throw it into the river!"

As he sat down, the song leader then stood up quite cautiously and announced, "For our closing song, let us sing Hymn #365: "Shall We Gather at the River."

**Father O'Malley answers the phone.** "Hello, is this Father O'Malley?"

"It is"

"This is the IRS. Can you help us?"

"I can"

"Do you know a Ted Houlihan?"  
"I do"

"Is he a member of your congregation?"

"He is"

"Did he donate \$10,000 to the church?"

"He will".

**After explaining the commandment** to honor your father and mother, a Sunday school teacher asked her class if there was a commandment that teaches us how to treat our brothers and sisters. One boy, the oldest in his family, immediately answered, "Thou shalt not kill."