

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

September,
2017

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

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Imagine all the people,
living life in peace.
You may say I'm a dreamer,
but I'm not the only one."

--John Lennon, "Imagine"

It is often said that there is "One God, many paths." Although each faith tradition has its own beliefs, principles, and practices, all paths lead to the higher truth that there is a divine power and presence beyond our human understanding. Our spiritual journey is all about coming into alignment with that higher power, which we in Unity call God.

The diverse faiths of the world also share sacred values such as love, compassion, prayer, service, and, especially, peace. We may phrase it differently, but we are united in our desire for a peaceful, harmonious world.

During World Day of Prayer 2017, Unity is affirming *I Am peace in the midst of all matters*. We're encouraging people all over the world to Pray Peace ... Be Peace ... Do Peace.

Let there be peace on earth, and let it begin with us!

One with the power of divine peace, I am the very presence of peace in my world. My thoughts, words, and actions are in harmony so that I project peace from the inside out. I am clear that peace is not a smiley-face mask I wear but a calm, confident generosity of spirit released from within. As day follows night, peaceful action flows from my peace-filled mind.

I am the Power of Peace expressed in my thoughts. Releasing thoughts that separate or denigrate, I raise my consciousness to the God standard of Oneness. I bring about peace through my thoughts.

I am the Power of Peace expressed in my words. My words heal and harmonize, uplift and appreciate. Powerfully, peacefully, I speak to right wrongs and improve conditions. I bring about peace through my words.

I am the Power of Peace expressed in my actions. Boldly, I walk a path of peace guided by inner wisdom. All that I do fosters mutual blessings. I bring about peace through my actions.

Peace is in the midst of me as I become the presence of peace in the midst of every circumstance.



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Flocknotes Updates

First Unity has implemented our new Flocknote program to keep you posted on upcoming events via text or email. If you would like to receive regular updates, please call the church office or send an email to firstunity@firstunitychurchstlouis.org.



Third Thursday Quilters

For information contact Jane Vondruska (636 226-4562) or Sandy Etheridge (314 309-8136).

Ladies' Night Out: September 18, 5:30 at Billy G's at 131 West Argonne Dr, 63122.



September 12: Rosemary: The Hidden Kennedy Daughter by Kate Clifford Larson

October 10: Conclave by Robert Harris

November 14: Hillbilly Elegy by J.D. Vance



December 12: An Orphan Tale by Pam Jenoff

January 9: Running From Safety by Richard Bach

February 13: Woman of God by James Paterson

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

Youth Education



Calling all kids to join our incredible Sunday School Classes. Also we welcome extra adult hands. If you could help just one Sunday a month, it would make a 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.



Ukulele Lessons are available on Thursday evenings for adults. Lessons are also available for kids. Call Joan Mueller at 314-849-7205 for details.



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



Save these Dates:

Dean's 30th Anniversary, Sept. 10: Cake & great Celebration immediately after service.

World Day of Prayer, September 14.

Trip to Grant's Farm: Sept. 16:

Join us at Grant's Farm on Sept. 16 for a great time. Meet in front of the Gift Shop at 10:00 a.m. Tram, Admission, and Animal Shows: Free. Parking is \$12 per car. Fun Pass (Includes Carousel Ride, Snow Cone, Goat Feeding) — \$5

Spiritual Gifts Workshop

"Serve one another with whatever gift each of you has received." 1 Peter 4:10

Join us on September 17 for an interactive workshop to discover your unique strengths and spiritual gifts. Light lunch immediately after service. Workshop 12:20 – 3:00 p.m.

Dean Christopher...just himself

Join us on October 7 at 7:30 p.m. for Dean Christopher in concert! Tickets are \$20 and may be purchased by calling Chuck at 314-614-2950.



Payer Chaplain Fall Retreat: Oct. 13-14

Choir rehearsals are starting up again on *Friday afternoons* at 4pm beginning September 8th. We thought we'd give this new day and time a try. We are always looking for new voices to add to the choir. Our rehearsals are open to everyone. We are a fun-loving, friendly group that is supportive of one another. Members get a lot of joy and personal fulfillment from singing in our choir. Feel free to stop one of them on a Sunday and ask them about their choir experience. If you enjoy singing with others, we'd truly love to have you in the choir!

September Affirmations

Inner Peace: I relax in the peace of Spirit.

Guidance: I walk a path of divine light and wisdom.

Healing: Divine life restores my body to its natural state of wholeness.

Prosperity: I joyously anticipate new adventures in prosperous living.

World Peace: I act with reverence for all and contribute peace to the world.

Special Dates:

Labor Day, *September 4, 2017*

National Grandparents Day, *September 10, 2017*

Patriot Day, *September 11, 2017*

Hispanic Heritage Month, *Sept. 15–Oct. 15, 2017*

First day of autumn, *September 22, 2017*

What Is Peace?
By Verle Bell

IS PEACE what the nations' leaders seem to believe-just the absence of strife?

No, peace is not the absence of something-antagonism, hatred, greed, malice, or any of the negative emotions. The absence of anything creates a vacuum. Into that, something must flow. But what?

Neither is peace merely living in non-malicious indifference, for indifference implies lack of feeling.

If peace is neither hateful nor uncaring feeling, it must then be something of goodness and vitality.

Peace is serenity, that sublime condition which comes from knowing deep within yourself that "all is well." Within that state, you can find the love without which mankind can never be wholly one with the Infinite.

Peace is that mind set which enables you to allow others to be themselves, but in love, not indifference.

Peace is contentment without complacency. Peace frees you to be creative in ways that are totally constructive. (Creativity can be on the negative side in a sense, as in fostering prejudices through developing critical or discontented attitudes.)

Peace, which truly passes all understanding, is a condition of well-being, regardless of outer circumstances. Storms, both of weather and of relationships, may bluster and rage, challenging your stamina to exist untroubled. Peace enables you not only to endure, but to rise above such challenges in confidence, harmony, and strength.

Peace is the complete acceptance of God's presence within, resulting in a quiet radiance, contagious to all who encounter it with seeking hearts.

World Flower
By James Dillet Freeman

The world is God's flower.
He planted the seed
But gave us the power
To weed or not weed.
He meant it to be
Surpassingly fair,
How emerald its sea,
How azure its air!

Lord, give us the will
And bent of the mind
To rest not until
We bring forth the kind
Of world-flower that You
Intended us to!

Honor Teachers

James Michener, the author of books such as *The Source* and *Hawaii*, was once invited by President Eisenhower to a dinner at the White House. He answered the president with these words:

"Dear Mr. President: I received your invitation three days after I had agreed to speak a few words at a dinner honoring the wonderful high school teacher who taught me how to write. I know you will not miss me at your dinner, but she might at hers."

President Eisenhower answered Michener by saying, "In his lifetime a man lives under 15 or 16 presidents, but a really fine teacher comes into his life but rarely."

Sunday school is now in full swing, so let us honor all of our teachers. They sacrifice their time to prepare lessons, decorate classrooms, teach with loving care, and most importantly, to be "there" for their students.

September 4, 2017

LABOR

Day
"Quotable Quotes"

Compassion is language the deaf can hear and the blind can see.

-Mark Twain

Kindness is in our power even when fondness is not.

-Henry James

Today I bent the truth to be kind, and I have no regret, for I am far surer of what is kind than I am of what is true.

-Robert Brault

Treat everyone with politeness, even those who are rude to you, not because they are nice but because you are.

Never look down on anyone unless you are helping them up.

A good character is the best tombstone. Those who loved you will remember. Carve your name on hearts, not on marble.

It's nice to be important but it's more important to be nice.

Today, give a stranger one of your smiles. It might be the only sunshine he sees all day.

I always prefer to believe the best of everybody, it saves so much trouble.

-Rudyard Kipling

Don't wait for people to be friendly, show them how.

-Henry James

The most important trip you may take in life is meeting people halfway.

-Henry Boyle

When I was young, I admired clever people. Now that I am old, I admire kind people.

-Abraham Heschel

The Still Small Voice of God

How does God communicate with us? It was a great moment in spiritual history when the prophet Elijah heard the "still small voice" and discovered that pathway to God, available to all (1 Kings 19:12).

The Still Small Voice Defined

The "still small voice" might best be defined as the voice of God, the Holy Spirit, speaking to our soul as intuition. It is a "knowing" that comes from Spirit within; it is not an audible voice but the activity of the Holy Spirit revealing Truth to our consciousness.

Like Elijah, we sometimes expect the voice of God to speak to us in some tumultuous or miraculous way—the rushing wind, the earthquake, the fire. We are surprised when we really become still and listen, for the still small voice is not a voice at all, but it speaks more clearly and directly to us than a voice. The still small voice is inward knowing; it is light; it is inspiration; it is that in us which lifts us up in consciousness and guides us in our choice of that which is right and good. The still small voice is that in us which says "I AM" and fills us with a sense of joy and peace.

While the still small voice is not audible to the physical ears, we become acutely aware of it in our consciousness. It may "speak" as an idea, an impression, an inspiration, a feeling, or a sense of well-being. It is the indwelling spirit of God, the Christ, the I AM, seeking to "voice" itself, to fulfill itself, through us.

When does the still small voice speak to us? It has spoken to us when we feel inspired to think on divine ideas, moved to do a kind deed, or urged to express love and understanding. The voice has spoken to us when we are exercising wisdom and good judgment in our experiences; when we are led to do the right thing. When we feel the surge of life and power, we may be sure that God is "speaking" to us as the voice of love, wisdom, faith, life, and power.

Developing Receptivity

How are we to develop receptivity to the still small voice? Through periods of prayer we harmonize ourselves with all that is constructive and uplifting, and it becomes natural for us to listen to the still small voice of intuition. God speaks to each of us in a language that we understand and that will meet the specific need of the moment.

On one occasion we may be in quiet surroundings, without interruption of any kind, and we will hear God's voice as the words of a beloved hymn or poem, or as words of Scripture. At another time, we may not seem to be praying, but when our hearts are turned Godward, the voice of God will come clear and sure, indicating a definite step we are to take. Then again, the voice of God may leave us with that deep conviction which comes from understanding faith, assuring us that God is in charge and all is well.

The knowing which we refer to as intuition does not come through the usual channels through which we ordinarily obtain knowledge, such as schooling, observation, and ex-

perience. However, the still small voice of intuition may use any of these mediums. Most of us have had the experience of listening to a teacher or a minister, or of reading a book, singing a song, speaking words of Truth—and actually hearing God speak to us through the audible or written words.

In *Jesus Christ Heals* Charles Fillmore writes: "Communion in mind can be said to be without sound. It is the 'still small voice,' the voice that is not a voice, the voice using words that are not words. Yet its language is more definite and certain than that of words and sounds, because it has none of their limitations."

Intuition and Faith

Intuition, sometimes called the "inner tutor" or "inner teacher," quickens and illumines the faith faculty and causes it to become active. "Faith cometh by hearing, and hearing by the word of God" (Rom. 10: 17 AV). The stronger our faith in God becomes, the more we follow the guidance of intuition, and the more we listen to intuition, the stronger our faith becomes. Faith is born of intuition. Thus we see that intuition and faith are closely related.

In addition to quickening our faith, intuition quickens other faculties, especially the faculty of understanding, which is able to guide us in the right use of our faith faculty in all life. Without the guidance of intuition, our use of the faith faculty could become fanatical, unloving, and unreasonable.

There is usually a quick response in our feeling nature to both intuition and faith, but they are never intended to set reason

aside. Rather, intuition illumines the intellect so that our thinking and reasoning are based only on Truth.

Intuition, the voice of God, is not to be confused with conscience. Intuition points out the true way for us to follow; it says, "This is the way, walk in it" (Is. 30:21). Conscience, on the other hand, is the voice of the soul that speaks from experience. It says to us, "Do not do that because it is wrong." Our past experiences, religion, culture, and our associations all determine what our conscience shall tell us.

Satisfaction cannot be found in outer things alone. The things we see in the world are but the visible forms of ideas. There is a great truth in the statement of Jesus, "Seek first his kingdom [realm of ideas] and his righteousness [right use of the ideas], and all these things [the forms] shall be yours as well" (Mt. 6:33). Until we seek God, the source of ideas, the forms, no matter how good, can never bring us satisfaction of themselves. Thus to seek God is to lay hold consciously of the ideas that will by the law of mind action bring good into manifestation.

If the good things in our lives are not recognized as God ideas in visible form, not seen as the blessings of God in manifestation, we have not yet found full satisfaction. When we come to know God consciously as the giver of all good, then we appreciate things, for we see them as they truly are.

--Condensed from *Foundations of Unity* Vol. 2

Intuitive Knowing

By James Gaither

How did Jesus know what He knew? Was His knowledge miraculous or did He have a method which anyone can use?

Jesus said that He was taught by the Father within Him, but He also told His disciples that they could be guided by the same Spirit.

"Do not be anxious how you are to speak or what you are to say; for what you are to say will be given to you in that hour; for it is not you who speak, but the Spirit of your Father speaking through you" (Mt. 10:19-20). The "Spirit of your Father" clearly refers to higher wisdom or deeper intelligence which can reveal to our conscious minds new truths, and creative insights. According to Jesus, higher wisdom will guide us if we are not anxious; in other words, if we relax and trust Spirit, Spirit will reveal to us what we need to know.

What Jesus called the "Spirit of your Father" some people call "intuition" -insight which comes into our conscious mind, seemingly from nowhere. Intuition comes from deeper intelligence-deeper than sense perception, deeper than reason, deeper than memory.

Sometimes people attribute intuition to the subconscious mind. Charles Fillmore, co-founder of Unity, referred to that tendency: "Much that is attributed to the subconscious, strictly speaking, springs from the all-knowing or spiritual Mind. When we cannot intellectually account for our knowledge we assume the subconscious to be its source."

Since intuition actually provides us with new knowledge which goes beyond mere memory, attributing intuition to the personal subconscious mind is an inadequate explanation. The element of newness found in intuition indicates an intelligence greater than mere memory. That is why it is more accurate to say that a genuine intuition comes from Spirit.

One way to understand the nature of intuition is to realize that you are beholding the whole universe from a particular perspective. So the whole universe is feeding you information, and most of the information is assimilated unconsciously. Furthermore, an ideal or divine potential is within you, which you have not yet fully expressed. That divine potential is also beyond your conscious mind and more than your subconscious mind. That divine potential is continually emerging into your awareness. Hence, in a deeper part of you-whether you call it subconscious, superconscious or Spirit-is everything you would ever need to know; the challenge is to gain conscious access to it.

To gain access to intuition, the conscious mind must become still and receptive. Just as a room must have space before anything can come into it, the conscious mind must have space before anything new can come into it. Mental space is the room into which intuition enters.

The kind of intuition you have depends upon the way you have prepared your mental house. If you have built a house of scientific knowledge, your intuitions will be scientific. Who would be more likely to have a true scientific intuition, an Albert Einstein or an Elvis Presley? If

you have built a house of artistic ideas, your intuitions will be artistic and creative. Who would be more likely to have a profound artistic intuition, a van Gogh or an Al Capone? If you have built a house of spiritual knowledge and ideas, your intuitions will be spiritual. Who would be more likely to have a profound spiritual insight, a Gandhi or a Hugh Hefner? Without scientific knowledge, a scientific intuition is either incomprehensible or useless. Without artistic knowledge and skills, an artistic intuition is inexpressible. Without spiritual knowledge, a spiritual insight is incommunicable and insignificant to others. However, a genuine spiritual insight is always significant, even if dimly understood, to the one who receives it. For that reason spiritual intuition is always valuable.

All of us can prepare our minds for spiritual intuition. In addition to spiritual studies, the skills of relaxation and mental receptivity can help us be receptive to spiritual intuition. That skill has traditionally been called prayer, contemplation, or meditation. There is nothing mysterious or difficult about meditation, but it does require regular and persistent practice of a method.

There are many effective methods of meditation. Here is a very basic, simple method: Sit in a comfortable but alert position.

Observe your breathing for a few moments. Do not try to control the rhythm of your breathing. Do not try *not* to control your breathing. Feel it. Experience it. Let it flow. When you begin to feel relaxed, observe any specific muscle

tension. If an area feels tense, focus your attention on that area and invite it to relax by calmly, repetitively thinking, relax, let go.

When you feel very comfortable and relaxed—perhaps your fingertips will seem to tingle a bit or feel warm at this point—begin to observe thoughts or emotions which occur. Do not evaluate them as "good" or "bad," just notice them passing. As you adopt an attitude of observing your mind, your mind begins to become clear, receptive, and focused.

When your mind becomes quiet, adopt an attitude of invocation. Wait as if you were expecting God to "touch" you, "speak" to you, or show you a vision. Wait silently as if a great teacher were about to whisper to you the answer to some important question. Wait receptively, as if you expect a delightful feeling to emerge from within you. You may find it helpful to formulate and mentally or vocally affirm your attitude of invocation like this:

God, I am receptive to Your presence and guidance, or I am completely receptive to the presence and guidance of God.

You may or may not experience immediate results. However, if you practice meditation for at least fifteen minutes a day, you will ultimately develop an ability to be more calm, not only in solitude but also in crisis. You will begin to receive more insights and ideas. Your thinking will become more efficient. You may experience spiritual healing. You may experience God. The results depend upon your dedication, persistence, and trust in your method and in God. It is like learning any other skill, whether artistic or academic; the more you

practice correctly, the better your skill becomes.

The spirit of God is with you, within you always. As you learn to relax and trust, Spirit will guide and inspire you. That is how Jesus knew what He knew; that is the secret of intuition.

Divine Knowing

By Charles Fillmore

Intuition – the natural knowing capacity. Inner knowing: the immediate apprehension of spiritual Truth without resort to intellectual means. The wisdom of the heart. It is very much surer in guidance than the head. When one trusts Spirit and looks to it for understanding, a certain confidence in the invisible good develops. This faith awakens the so-called sixth sense, intuition, or divine knowing. Through the power of intuition, man has direct access to all knowledge and the wisdom of God.

Enlightenment is Just a Thought Away

By Ginny Valletti

Inside every candle there is a wick. The possibilities of light exist within the candle all the time, but there will be no light without the first spark.

Aren't we like candles? Enlightenment is always within each of us. We don't move toward enlightenment, rather we uncover and discover the possibilities which have always been there.

Just as joy, peace, and love come from within, our enlightenment only waits for the tiniest thought to spark the eternal flame.

September
2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3 Sunday Services, 10:30 AM Youth Ed, 10:30 AM	4 Labor Day	5 Book Club, Rosemary: The Hidden Kennedy Daughter by Kate Clifford Larson at Bread Co. at 2PM	6 A.A. Men's Group, 10 AM CA 7PM	7 Ukulele Practice, 7PM	8 Choir Rehearsal, 4PM	9
10 Sunday Services, 10:30 AM Youth Ed, 10:30 AM Dean's Anniversary Celebration	11 Prayer Chaplain Meeting	12	13 A.A. Men's Group, 10 AM World Day of Prayer Live Stream, 6:45PM CA 7PM	14 Unity World Day of Prayer, Sanctuary Open 10AM-8PM	15 Choir Rehearsal, 4PM	16 Grant's Farm Trip
17 Sunday Services, 10:30 AM Youth Ed, 10:30 AM Spiritual Gifts Workshop, 12:30PM-3PM	18 Ladies' Night Out, Billy G's, 131 West Argonne Dr, 63122, 5:30PM	19	20 A.A. Men's Group, 10 AM CA 7PM Planning Mtg, 6PM Board Mtg, 7PM	21 Third Thursday Quilters, 10AM Ukulele Practice, 7PM	22 Choir Rehearsal, 4PM	23
24 Sunday Services, 10:30 AM Youth Ed, 10:30 AM	25	26 Wings Production Day	27 A.A. Men's Group, 10 AM CA 7PM	28	29 Choir Rehearsal, 4PM	30

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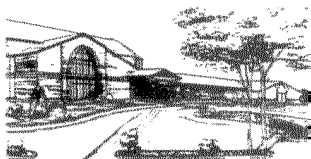
THE SEPTEMBER, 2017 NEWSLETTER OF
FIRST UNITY CHURCH OF ST. LOUIS

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The light side -- A little holy humor

Observations by Phyllis Diller

Whatever you may look like, marry a man your own age. As your beauty fades, so will his eyesight.

Housework can't kill you, but why take a chance?

Cleaning your house while your kids are still growing up is like shovelling the sidewalk before it stops snowing.

The reason women don't play football is because 11 of them would never wear the same outfit in public.

Best way to get rid of kitchen odours: Eat out.

Burt Reynolds once asked me out. I was in his room.

I want my children to have all the things I couldn't afford. Then I want to move in with them

What I don't like about office Christmas parties is looking for a job the next day.

The only time I ever enjoyed ironing was the day I accidentally got gin in the steam iron.

His finest hour lasted a minute and a half.

Old age is when the liver spots show through your gloves.

My photographs don't do me justice - they just look like me.

I admit, I have a tremendous sex drive. My boyfriend lives forty miles away.

Tranquilizers work only if you follow the advice on the bottle - keep away from children.

I asked the waiter "Is this milk fresh?" He said, "Lady, three hours ago it was grass."

The reason the golf pro tells you to keep your head down is so you can't see him laughing.

--Thanks, Jackie Dietman