



Wings

FIRST UNITY CHURCH – Serving the spiritual needs of the St. Louis community for over ninety years.

The Newsletter of
First Unity Church
Of Saint Louis

February, 2018

❖ *Inspiration*

❖ *Information*

❖ *Illumination*

Inside this issue:

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To Find “Self”

By Billie Freeman

"I am seeking to find my 'Self,' " the tired traveler in a faraway place explains as he takes still another trail to another teacher for another truth.

To find the Self is the sincere desire of every heart, the aim and purpose of every life.

The fulfillment of this desire of the heart, the attaining of this aim and purpose, comes through taking thought through prayer and meditation.

What thought?

What prayer?

What meditation?

A simple thought, one with meaning. A simple prayer, one with feeling. A simple meditation, one that leads us in and draws us out.

God is love—a simple thought with meaning!

God is love. *God* is love. God *is* love. God *is love*. Each word has meaning. Give each word meaning.

God is love. Think on this thought.

God is love. As I think on these words, I feel I know this to be true. As I know this to be true I know, being created **in** God's image and after God's likeness, that **I** am love.

I am love. I am love. I am love. The Self of me is love. What does love do? Love loves.

How does love act and react? Love acts and reacts lovingly. What does love attract? Love attracts love.

My Self, being love, loves. My Self, being love, acts and reacts lovingly. My Self, being love, attracts love.

This is the Self of me. I find my Self as love.

The simple thought turns into a simple prayer: "I love." Love presses in me and through me. Love senses the need for love. Love breaks bonds, frees. Love sees not what seems but what is. Love hears sounds of

love.

My prayer, "I love," becomes "I love you" as my

love reaches out. All the yous in my world, and **in** the world, are touched by love. I love you whomever you are, wherever you are.

My prayer, "I love you," again changes; it becomes, "I love you and you love me." Love is drawing its own, love is sharing itself. I am not separate and apart. I am one with and a part of the whole divinely human race!

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My prayer, "I love you and you love me," once more changes. **It** now becomes, "We love."

With this simple prayer I turn within to meditate.

Suddenly the simple word, the simple prayer, are stilled. I am still. Love is all I feel. Love is. *Love*.

I am a mind filled with love. I am a heart filled with love. I am a body filled with love. I am afloat in a sea of love, an eternal and shoreless sea. In this sea of love I have my being. It holds me up, supports me, carries me along-wondrous, beautiful sea of love.

As the simple thought became the simple prayer, as the simple prayer became the simple meditation now, gently and firmly, the whole experience is crowned with an unspoken "amen."

"Go **in** love," I seem to hear.

Go into your everyday world, your home, your place of employment, your city, your country and be your Self.

Go and be *love*!



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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: 2/19/18-Rib

City at 1181 Colonnade Center, 63131, off of Manchester.



February 13: Woman of God by James Paterson

March 13: Wonder by R. J. Palacio (This may be hard to find. We may have to buy.)

April 10: The Last Days of Night by Graham Moore

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.



Crochet/Knitting Group now meeting the first & third Tuesday of each month, 11am-1pm. Bring your supplies and lunch. Relax and enjoy some fun time together creating projects for Newborns in Need. We are also accepting crocheted or knitted newborn items, yarn, & diapers.

Pancake Breakfast:

We will be having a pancake breakfast on February 11 following service. Bring someone you love to join us! During the Pancake Breakfast the 3rd Thursday Quilters will show over 30 quilts and afghans that they are donating to Mercy Hospital NICU and So Co Police. There will also be a raffle of a vintage 1930's quilt donated by Dottie R. See Jane V., Sandy E., or Margaret S. to purchase raffle tickets.

Choir rehearsals meet on Friday afternoons at 4pm. Our rehearsals are open to everyone. If you enjoy singing with others, we'd truly love to have you in the choir!

Feed My People



In addition to food, the following items are always welcome: warm blankets or heaters for those who have no way to keep warm,-- personal care items such as toilet paper, shampoo, soap, etc., -- items for the elderly such as Ensure and Depends, -- baby items such as diapers and wet wipes.

www.feed-my-people.org

If you miss a Sunday lesson, you can listen to it from our website:
www.firstunitychurchstlouis.org



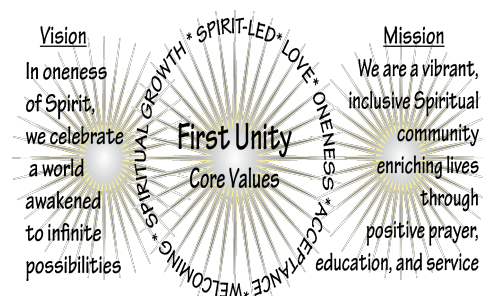
February Affirmations

Inner Peace: My heart is a sanctuary of love and peace.
Guidance: I listen for the guidance of Spirit, and I am

gently guided to my good.

Healing: I am radiantly and vitally alive
Prosperity: Attuned to divine ideas, I am abundantly prospered.

World Peace: I express divine love and understanding to all.



Be a Love Bird

Many stories about the origin of Valentine's Day have come down through the centuries. There's no definitive story, but most revolve around the imprisonment of Valentinus (St. Valentine) for his disregard of Roman laws.

Many legends are also associated with Valentine's Day. For example, because birds seemed to arrive and mate in some countries in mid-February, human couples came to be called "love birds."

In 1667, the first recorded Valentine card was printed. Today, people will give their sweethearts countless millions of cards and acres of heart-shaped boxes filled with candy. But why wait for Valentine's Day to share love with others? Remember Jesus' words in John 13:34 (NRSV): "I give you a new commandment, that you love one another."

"What Do I Have?"

What do I have, Lord, that you would need me as a servant?

Eyes, he said,
to see the beauty in all that I've made — and my children as they travel life's highway.

Hands, he said,
to reach out and touch hurting souls, to give a hug or encouraging pat on the back.

Feet, he said,
to lead my children through this world of strife and to help them run from sin and follow me.

Mouth, he said,
to lift up your voice and sing praises to me so others may hear the joy in your heart.

Ears, he said,
to listen to my still, small voice of love and to hear my children when they cry for help.

Heart, he said,
so you may know the full love of my Spirit and love my children as I have loved you.
—Thomas Butler

10 biblical ways to love

1. Listen without interrupting.
"To answer before listening — that is folly and shame" (Proverbs 18:13).

2. Speak without accusing. "Be quick to listen, slow to speak and slow to become angry" (James 1:19).

3. Give without selfishness. "The righteous give without sparing" (Proverbs 21:26).

4. Pray without ceasing. "We have not stopped praying for you" (Colossians 1:9).

5. Answer without arguing.
"Better a dry crust with peace and quiet than a house full of feasting, with strife" (Proverbs 17:1).

6. Share without pretending.
"Speaking the truth in love, we will grow to become in every respect the mature body of ... Christ" (Ephesians 4:15).

7. Enjoy without complaining.
"Do everything without grumbling or arguing" (Philippians 2:14).

8. Trust without wavering.
"[Love] always protects, always trusts, always hopes, always perseveres" (1 Corinthians 13:7).

9. Forgive without punishing.
"Forgive as the Lord forgave you" (Colossians 3:13).

10. Promise without forgetting.
"A longing fulfilled is a tree of life" (Proverbs 13:12).
—From various websites;
all Scriptures NIV

Risking love

To love is to risk not being loved in return. To hope is to risk pain. To try is to risk failure, but risk must be taken because the greatest hazard in life is to risk nothing. Love comes to those who still hope even though they've been disappointed, to those who still believe even though they've been betrayed, to those who still love even though they've been hurt before.

—Author unknown

"Real true faith is [human] weakness leaning on God's strength."

—D.L. Moody

* * *

"There is no remedy for love but to love more."

—Henry David Thoreau

* * *

"He has a right to criticize who has a heart to help."

—Abraham Lincoln

* * *

"Let love live long; let hate live short."

—Burmese proverb

* * *

"Love is a friendship set to music."

—Various sources

* * *

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

—C.S. Lewis

* * *

"Love doesn't make the world go round. Love is what makes the ride worthwhile."

The Courage to Try Love

By Eric Butterworth

SOME YEARS ago I stood in stunned silence in the American military cemetery in Manila, looking out across acres of white crosses, remembering that each cross represented a soldier who had been pressed into service in a war he did not understand, and which, in the passing of time, appears to have solved few of the world's problems. And I found myself crying, "Surely there must be a better way!"

We may feel that we have tried everything. But have we really tried love? I am not talking about the sentimental or romantic aspects of love; these are but a tiny portion of the dynamic energy of love. Love is rarely talked about except through the stereotyped clichés of religion, or in the context of emotions. It seems to me that love may well be the great undeveloped resource of humankind. The time must come when intelligent and mature people will think of love in completely practical terms as a vital alternative to strife, when disputants in national and international conflicts will agree that "what we need now is to approach this problem in the true spirit of love."

Pitirim Sorokin has said that the unforgettable lesson given by the catastrophes of this century convincingly shows that without increased production, accumulation, and circulation of the energy of unselfish love, none of the

other means can prevent future suicidal wars. The mysterious forces of history seem to have given man an ultimatum: perish by your own hands or rise to a higher moral level through the grace of creative love.

What is this mysterious energy of love? Perhaps we do not have a workable definition. Maybe we shouldn't attempt to state one, for definitions are all too quickly pigeonholed and forgotten. However, love is an observable phenomenon in human life. Who has not seen the love of a mother for her baby or the love that prompts people to acts of great sacrifice and selflessness?

At the close of the Korean War, in the fall of 1953, twenty-two thousand prisoners of war were being held in stockades at Panmunjom while the Neutral Nations Commission conducted negotiations for their exchange. These were the Chinese and North Korean soldiers who had refused to be repatriated back to their Communist countries. They were highly wrought up and bitterly suspicious. For weeks their camp was in a state of great tension.

A crisis developed when a major was taken hostage in the compound by the prisoners. They bargained to return him only if one of the prisoners who had been turned over to the Communists was returned. The general who was in command of the Indian guards went to the aid of the major immediately. Despite warnings that the prisoners were in an uncontrollable state, he walked right into their compound,

accompanied only by twelve of his men, carrying nothing but walking sticks. Outside, other troops made ready to fire. As a flame of protest leaped to other stockades, it appeared certain that the prisoners would storm their barbed wire fences to overrun the Indians altogether.

The general had but two alternatives from which to choose at that moment: love or hate. There was apparent justification for either. One alternative saw an army of harassed men penned in like animals, long oppressed by indignities and treacheries; the other saw them as a menacing mob, bent on murder. The general turned to the nearest prisoner of war. He said quietly: "What sort of Chinese are you? Where is your hospitality? You have offered my men neither tea nor cigarettes." There was a painful moment of hesitation, then the Chinese slowly dropped their makeshift weapons and, one after another, brought out cigarettes and offered them tea. The riot was over, and soon a workable solution was arrived at. The issue between life and death is seldom drawn to so fine a point of balance-but always love is the answer. A great Indian poet once wrote:

"He who comes to do good knocks at the gate; He who loves, finds the door open."

It might appear to be an oversimplification to say, "What the world needs now is love." Isn't this like telling a couple harassed by marital dispute that all they need is love? One of them might say, "Sure, love is all we need, but

you see, we don't love each other anymore." We have thought of love, like the weather, as something we can do little about. Love either happens or it doesn't. You "fall in love" as if by accident. Or you occasionally chance upon a friend you could love. But love has been thought of as a completely unpredictable thing. John said: "So we know and believe the love God has for us. God is love, and he who abides in love abides in God, and God abides in him" (1 Jn. 4:16). This indicates that, essentially, love is a divine activity, a universal force, and not simply the plaything of human volition. It means that to the extent that we let this force be active in us, we become a portion of the divine heart of God.

Jesus said, "Love your enemies and pray for those who persecute you, so that you may be sons of your Father who is in heaven" (Mt. 5:44-45). Love your enemies-not because they are especially deserving of your love, but because when they cause you to be resistant, you are not acting the part of your divinity, and the power that goes with your divinity is only yours when you act the part.

"We love, because he first loved us" (1 Jn. 4:19). In other words, we can love because the energy of love is in us. God loves us, not by some special volition on God's part, but because God is in us as the creative process that is manifesting through and as us-and God is love. As God is in us, love is in us. It is a divine energy, a potential to be released in limitless degree.

When we release it we are healed and prospered and have friendly relationships.

We simply do not know ourselves and our inner power. Infinite love is a resource in us that is natural to us, as surely as life is natural to the physical body. When the body is taxed by exertion, the heart pumps adrenalin into the system, and new energy is released. When we meet conflict or inharmony, there is a built-in love equalizer that will change the balance. The general let that love equalizer surge in and through him, and the harmonizing solution was forthcoming.

However, few people know themselves well enough to let this force of creative love do its intended work. When there is a need for love, we usually turn our love energy down, or even off. When we walk into a darkened room, we turn the light on. But when we face a situation that is dark in tension and conflict, instead of turning love up, we turn it down. To withhold love, and even to engage in bitterness and hatred in a hostile situation, is impractical and certainly extremely self-destructive.

The fact is that where there is bitterness or hatred, conflict, even criminal action, there is a great and urgent need for love. The condition has arisen out of a lack of love in individual lives, and it will never be corrected or healed until enough love energy is released into the climate of these lives.

Everything is a creative expression of the same Mind, the same Creator. You are indivisibly united with the Infinite. This is true of every

other person. Even if the other person is acting the part of a beast, there is always that inner self of the other person that is one with God. All of us are created equal.

There is a diversity in this unity. Unity is not uniformity. I am not like all people, and all people are not like me. People are not equal in the sense that two bricks may be equal in measurement, weight, or quality; society is a living organism, not a heap of sand. There is diversity in true unity, and each unit is unique and individual.

There is a sense in which every person in the world stands alone. We live in a world of our own, and we can never really be united with anyone. Even in the most nearly perfect union of man and woman, there are always some reserves, some barriers~ something withheld. It is only through love that these barriers are occasionally dissolved. And it is only through love that any two people, or groups of people, can cooperate, unite in any action, or solve disputes. But true love is born in the consciousness of the unity of all life. Jesus said, "You shall love your neighbor as yourself" (Mt. 22:39). One translation renders this, "Love thy neighbor, for he is as you are."

Whenever relationships bog down in discord, one invariably finds that there has been a repeated airing of fixed points of view. This emphasizes differences and makes agreement well-nigh impossible. To resolve differences, all parties must agree to seek a higher level of

mutuality for a time, to find points of contact rather than points of view. And one common point of contact is that we are all one in the unity of all life; we are all spiritual beings in a spiritual universe governed by spiritual law. We are one with the same Mind, the same life, and the same energy of love. God is on both sides of a battlefield, on both sides of the conference table, in all parties of a labor-management dispute. This is the point of contact, and there is no other true basis for ultimate agreement.

"What the world needs now is love" is the theme of a popular old song. It is a lovely song with a compelling lyric. But how can we love people that we do not like? How can we love people who are determined to commit violence or committed to causes that conflict with ours?

Recently I had a letter from a man who said that he was grateful that he had been forced into working with a particular person he just could not stomach, because it had taught him a great lesson in the power of freedom through love. He said that not only was he getting along with the man in their official relationship, but they had become firm friends. Love is a potency in people to be released. Life is full of opportunities for making this inner discovery. We will have to grow a little to be able to love the unlovable, but then growth is what life is all about.

Often an individual or a group or a nation will hold to a fixed position in a dispute, insisting that "it's the principle

of the thing." But that is only a rationalization for bullheadedness. The principle of the thing is the unity of all life. If we have faith in that unity, we will relax our resistance and increase our energy of love. The solution may not be what we were fighting for. But a particular solution is not nearly as important as the growth we achieve in ourselves by rising to the expression of greater love and the growth that comes into the world because of this demonstration of unity.

If we really want to make a contribution to the peace and harmony of the world, we should give our attention to inner, rather than outer, efforts. Marches and demonstrations are good, as long as they are reflections of a true spirit of peace and love and nonresistance. Sometimes they begin as a well-intentioned, nonresistant ideal. But suddenly someone "turns out the light," and there is a sudden reversal to basic impulses and emotions. If a peace demonstration against war becomes violent then we have a little war, which certainly does nothing to stop the big war.

We need to take time to meditate on the idea of love, to establish our inward unity with the depth potential of ourself. *I am a channel for the expression of the infinite love of God* is an excellent affirmation. Think about this, and speak the words often. It will produce a positive love current that will flow through you and counteract opposing forces in your life. It will bring about harmony and unity

among those who have been disunited through misunderstanding and contention.

Love is a universal energy within us which is, potentially, in limitless form. There is always enough love to go around. Through this consciousness of love, as when we turn on a light switch, we do not really alter anything, but suddenly everything is changed; suddenly, love flows into our experience and all things are made new.

Love also creates an emanation that goes forth from us to neutralize hate and aggression, while it keeps us free from fear and tension. People will sense this emanation and be completely disarmed by it. Animals especially are responsive to this force. Larry Trimble, one of the world's great authorities on dog training, at one time actually slept with a pack of wolves in Canada. They were in captivity but were quite wild. He admits this would not have been safe for most people, but he says he talked to them. They understood him. They weren't afraid of him because they knew he wasn't going to hurt them. Daniel was just as safe in the lions' den as King Nebuchadnezzar was in his palace; safer, in fact, because Daniel did not have the dreams that disturbed the king. Daniel knew the miracle of love.

February 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				<i>1</i> <i>Ukulele</i> <i>Practice, 7PM</i>	<i>2</i> <i>Choir</i> <i>Rehearsal, 4PM</i>	<i>3</i>
<i>4</i> <i>Sunday Services,</i> <i>10:30 AM</i> <i>Youth Ed,</i> <i>10:30 AM</i>	<i>5</i>	<i>6</i> <i>Knitting/Crochet</i> <i>Class, 11AM-1PM</i> <i>The Five</i> <i>Principles Class,</i> <i>630PM</i>	<i>7</i> <i>A.A. Men's Group,</i> <i>10 AM</i> <i>CA, 7PM</i>	<i>8</i>	<i>9</i> <i>Choir</i> <i>Rehearsal, 4PM</i>	<i>10</i>
<i>11</i> <i>Sunday Services,</i> <i>10:30 AM</i> <i>Youth Ed,</i> <i>10:30 AM</i> <i>Pancake Brunch</i>	<i>12</i> <i>Prayer Chaplain</i> <i>Meeting</i>	<i>13</i> <i>Book Club,</i> <i>Woman of God, by</i> <i>James</i> <i>Paterson at Bread</i> <i>Co. at 2PM</i>	<i>14</i> <i>Valentine's Day</i> <i>A.A. Men's Group,</i> <i>10 AM</i> <i>CA, 7PM</i>	<i>15</i> <i>Third Thursday</i> <i>Quilters, 10AM</i> <i>Ukulele</i> <i>Practice, 7PM</i>	<i>16</i> <i>Choir</i> <i>Rehearsal, 4PM</i>	<i>17</i>
<i>18</i> <i>Sunday Services,</i> <i>10:30 AM</i> <i>Youth Ed,</i> <i>10:30 AM</i>	<i>19</i> <i>Ladies' Night Out,</i> <i>5:30 PM at Rib</i> <i>City, 1181</i> <i>Colonnade Ctr,</i> <i>63131 (off of</i> <i>Manchester)</i>	<i>20</i> <i>Knitting/Crochet</i> <i>Class, 11AM-1PM</i>	<i>21</i> <i>A.A. Men's Group,</i> <i>10 AM</i> <i>CA, 7PM</i> <i>Planning Mtg,</i> <i>6PM</i> <i>Board Mtg, 7PM</i>	<i>22</i>	<i>23</i> <i>Choir</i> <i>Rehearsal, 4PM</i>	<i>24</i>
<i>25</i> <i>Sunday Services,</i> <i>10:30 AM</i> <i>Youth Ed,</i> <i>10:30 AM</i>	<i>26</i>	<i>27</i> <i>Wings</i> <i>Production Day</i>	<i>28</i> <i>A.A. Men's Group,</i> <i>10 AM</i> <i>CA, 7PM</i>			

Wings

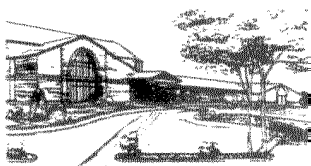
THE February 2018 NEWSLETTER OF
FIRST UNITY CHURCH OF ST. LOUIS

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The light side -- A little holy humor

An exciting eulogy

Some men were talking about death and dying when this question came up: "What would you want people to say about you at your funeral?"

One replied, "I'd want people to say, 'He was a great and compassionate humanitarian who cared about those in need.'"

A second said, "I'd want people to say, 'He was a good father and husband, whose life was a fine example for others to follow.'"

A third answered, "I'd like them to say, 'Look, he's moving!'"

"All you need is love. But a little chocolate now and then doesn't hurt."

—Charles M. Schulz

A very embarrassed woman apologized to her pastor because her husband had gotten up and left the sanctuary during the sermon.

"My husband didn't leave because he disagreed with your sermon," she said. "Actually, he's been walking in his sleep since he was a child."

My generation just might have been lucky. I had a "drug" problem when I was young, but I turned out all right anyway.

- I was drug to church.
- I was drug out of bed in the early morning.
- I was drug to family reunions.
- I was drug by the ears when I was disrespectful.
- I was also drug to the woodshed

when I disobeyed my parents.
Those "drugs" still run through

my veins and they affect my behavior — everything I do, say and think.

-Signed,
Grandpa

