

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, 2018

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

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- Truth Thoughts
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- Truth Articles
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The Sticky Truth

By Jan DeVries

It was one of those marvelous Texas days, when the sky is bluer than the Gulf of Mexico and the clouds puffier and lighter than Grandmother's best biscuits. Naturally, it was hot and dry. But it was the kind of day that just beckoned to be enjoyed. Without a bit more encouragement, I abandoned my housework, put on some shorts and a halter top, stopped in the garage for car washing necessities, and grabbed my latex gloves from the clothesline.

The spray from the hose and the bubbles in the soap pail brought a sense of play to the task of washing the car. But as I lathered down the car, my playful thoughts became heavy with anger. I noticed a sticky substance on the car door-gum. It smeared as I tried to wash it off.

I asked myself why a person would purposely put gum on someone's automobile. That person was just being nasty and mean, I inwardly reasoned. Who could it be? My mind searched for suspects. Probably those kids at the library, I told myself. They were just hanging around the front of the building. They probably thought it would be a funny prank. Yes, I told myself, they were the ones who caused this extra work. They should be punished for doing such a thing, I reasoned, a punishment like washing my car for a month.

The gum was difficult to remove. It seemed to multiply as I diligently worked to remove it. As I inwardly seethed with anger and scrubbed the car, I noticed a

pattern. Where I touched the car, a sticky fleck was left. That's strange, I said to myself, as I leaned closer to investigate. Then the truth became evident. A finger of one of my latex gloves had melted while hanging in the hot garage, and I was the one creating the sticky mess. As I stripped the damaged glove from my hand and tossed it in the garbage, I felt a gentle wave of both remorse and hilarity pass over me. My thoughts had accused, and once again, I was the one my thoughts should have been accusing.

I reached for the hose and began spraying the car with water.

The soap rinsed away, and so did my anger. As I stood there watching the soap trickle away, a tiny rainbow shone in the spray.

I smiled at this colorful gift and sent up a private prayer.

Thank You, God, for blessing this situation with beauty. Thank You also, for humorously pointing out to me how easily our minds can quickly draw conclusions about others. Help me keep my mind only on Truth, and help me train my mind to chatter with words which could please only You. And God, help me make this Truth lesson stick in my mind, so I don't jump to premature conclusions about situations that would undoubtedly 'gum-up' my life. Amen.



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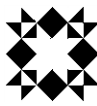
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Flocknotes Updates

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: March 19 at 5:30 p.m. at Ari's, 9992 Lin Ferry, 63123.



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.

Save These Dates:

April 15: Spiritual Gifts Workshop
April 29: Annual Meeting & Potluck
May 3: Ukulele Concert & Dinner

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

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

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

www.firstunitychurchstlouis.org

March Affirmations

Inner Peace: I release all to Spirit within. I am peaceful and free.

Guidance: The Christ essence in me is my guiding light.



Healing: Every atom of my being is invigorated with healing life.

Prosperity: I am in the flow of infinite abundance.

World Peace: I walk in harmony and acceptance with all beings.

Daylight-Saving Time begins, *March 11, 2018*. Set your clocks ahead one hour. (Spring ahead; Fall back.)

Vision

In oneness of Spirit, we celebrate a world awakened to infinite possibilities

Mission

We are a vibrant, inclusive Spiritual community enriching lives through positive prayer, education, and service

First Unity

Core Values



Messengers of God

In *Half Broke Horses*, Jeannette Walls tells how her grandmother Lily, at age 10, and Lily's younger siblings were bringing cows in for milking when the animals suddenly ran for high ground. Lily realized a flash flood was coming.

She directed her brother and sister to climb a tree, where they clung all night as water and wind slammed against them. Lily helped her siblings stay awake and hopeful. As dawn broke, the water subsided and the children waded home. Their mother prayed gratefully, telling them to thank their guardian angel. Young Lily protested that *she* had saved them all. But her father answered wisely, "Maybe the angel was you."

The Hebrew word for *angel* literally means messenger. Through words and deeds, we all can be God's angels for one another.

Birth

In 1837, Frederick Marryat said, "I was not born yesterday." Many of us have said it since. But perhaps you were born yesterday and again today. The human physiology is such that we are constantly in a state of renewal. Every dawn offers us the opportunity to begin life anew. Truly, today is the threshold to the rest of your life. Refuse to let yesterday's impediments hinder your effective living of today, because today it is your good pleasure to be a brand-new you!

A modern-day parable

My friend had a large hydrangea bush in her yard. Each year for a decade, she found only one or two blooms. "Cut it down!" she told her husband in frustration. But he, a very patient man, urged, "Let's give it one more year. I'll water it and

fertilize it with coffee grounds. If it still doesn't bloom, I'll chop it down."

The next year, as the couple anticipated carrying out the death sentence, the bush not only bloomed but bloomed in abundance — and in multiple colors that amazed my friend, an avid gardener. "It's the barren fig tree all over again!" she exclaimed.

Indeed, sometimes God replicates his miracles, perhaps because we need a refresher course in patiently waiting for his glorious blessings.

—Heidi Mann

Relinquishing control

Marcia shared how she'd been struggling to relinquish control and let God direct her life. One day, amid this challenge, her daughter approached her for homework help, which called for the use of an iPad. As Marcia struggled to make sense of her daughter's question, the youngster kept swiping at the screen, zooming in and out and grabbing the tablet to turn it toward herself. "If you want my help," said Marcia in exasperation, "then let me help!"

Suddenly Marcia had an a-ha! moment: Hadn't God been saying the same thing to her all the while? To truly benefit from God's help, she would have to stop trying to do everything herself, let go, sit back and accept his guidance.

Spring renewal

By reading the Scriptures I am so renewed that all nature seems renewed around me and with me.

The sky seems to be a pure, a cooler blue, the trees a deeper green. The whole world is charged with the glory of God and I feel fire and music under my feet.

—Thomas Merton



Open Heart

I open my heart to the light, to the light that clears and cheers closed avenues of thought with Truth-inspired ideas.

I open my heart to joy, to the childlike joy that springs from a sheer delight in living; to gratitude that sings for joy in little things.

I open my heart to love, to the beauty of love free-flowing like a vital, healing tide, receiving and bestowing with soul refreshed and glowing.

I open my heart to life in wonder and thanksgiving. I affirm myself a part of livingness, forgiving past sorrow and past strife. I open my heart to Life.

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

To handle yourself, use your head. To handle others, use your heart.

—Eleanor Roosevelt

The unselfish effort to bring cheer to others will be the beginning of a happier life for ourselves.

—Helen Keller

"Practical prayer is harder on the soles of your shoes than on the knees of your trousers."

—Austin O'Malley

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. The example and overcoming by Jesus gave us the most graphic demonstration possible to show that the belief in death has no basis in reality. This great central truth, as exemplified by Jesus, 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 reexamine 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, 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 follow the necessary instructions, 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 can begin to 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 begin to think of resurrection in this broader sense, as an activity, a raising from one state to another. Let us begin to think of the resurrection of the body, not as a goal in itself, but as a marvelous by-product of an extremely high state of consciousness that one attains, as did Jesus, by consciously and consistently seeking first the kingdom of God which is the true goal.

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 time to achieve a particular level of awareness, but the process still must take place, 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 Matthew 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 outer things.

The Jews were and are noted historians, and I think Jesus was very conscious that historically people had sought these things to no avail. I am certain He did not know many happy rulers or millionaires. He realized that it was the human part of His consciousness being tempted. The spiritual or divine part of Him, His I AM, the Christ in Him said, "No, there is a higher way."

We all have these polarities in our 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 lives are determined from the gestalt of our awareness. 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," and chose and affirmed the inner kingdom, "You shall worship the Lord your God and him only shall you serve." 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." 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 spiritual nature to express in our lives, 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 state of consciousness in which He was having thoughts about all the new 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 a higher idea to Him. Jesus had the resurrection experience of moving from a limited state of consciousness with its temptations to a higher and much less limited state where 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 lives as was Jesus? Perhaps not in the same degree, but certainly in kind. For example, we often find ourselves 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 that 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 or her to treat you so badly, but it happens, and most of the time, you're pretty miserable inside because of this

person's animosity toward you, and angry because of his or her treatment of you. Suddenly, you get a promotion 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 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 or she is answerable to you. Who of 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 this person and to myself? What if the situation were exactly reversed and he or she were the supervisor? How would I want to be treated?" 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 related to 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, *metanoia*, that is translated as repentance in the New Testament 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 that 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 Jesus is 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 He does. Then He proceeded to demonstrate this

great truth for the next 3 1/2 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 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 people, 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.

Finally, Jesus was able to demonstrate the 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" (In. 14:12), and "The time is fulfilled, and the kingdom of God is at hand; repent, and believe in the gospel" (Mk. 1:15). There is that within us ever calling us toward God, 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.



March 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				<i>1</i> <i>Ukulele Practice, PM</i>	<i>2</i> <i>Choir Rehearsal, 4PM</i>	<i>3</i>
<i>4</i> <i>Sunday Services, 10:30 AM</i> <i>Youth Ed, 10:30 AM</i>	<i>5</i>	<i>6</i> <i>Knitting/Crochet Group, 11AM</i>	<i>7</i> <i>A.A. Men's Group, 10 AM</i> <i>C.A., 7PM</i>	<i>8</i>	<i>9</i> <i>Choir Rehearsal, 4PM</i>	<i>10</i>
<i>11</i> <i>DST Begins</i> <i>Sunday Services, 10:30 AM</i> <i>Youth Ed, 10:30 AM</i>	<i>12</i> <i>Prayer Chaplain Meeting</i>	<i>13</i> <i>Book Club, Wonder, by R.J. Palacio at Bread Co. at 2PM</i>	<i>14</i> <i>A.A. Men's Group, 10 AM</i> <i>C.A., 7PM</i>	<i>15</i> <i>Third Thursday Quilters, 10AM</i> <i>Ukulele Practice, PM</i>	<i>16</i> <i>Choir Rehearsal, 4PM</i>	<i>17</i>
<i>18</i> <i>Sunday Services, 10:30 AM</i> <i>Youth Ed, 10:30 AM</i>	<i>19</i> <i>Ladies' Night Out, 5:30PM at Ari's, 9992 Lin Ferry, 63123</i>	<i>20</i> <i>Knitting/Crochet Group, 11AM</i>	<i>21</i> <i>A.A. Men's Group, 10 AM</i> <i>C.A., 7PM</i> <i>Planning Mtg, 6PM</i> <i>Board Mtg, 7PM</i>	<i>22</i>	<i>23</i> <i>Choir Rehearsal, 4PM</i>	<i>24</i>
<i>25</i> <i>Palm Sunday</i> <i>Sunday Services, 10:30 AM</i> <i>Youth Ed, 10:30 AM</i>	<i>26</i>	<i>27</i> <i>Wings Production Day</i>	<i>28</i> <i>A.A. Men's Group, 10 AM</i> <i>C.A., 7PM</i>	<i>29</i> <i>Ukulele Practice, PM</i>	<i>30</i> <i>Choir Rehearsal, 4PM</i>	<i>31</i>

Wings

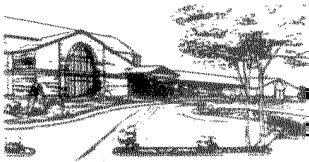
THE MARCH 2018 NEWSLETTER OF
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The light side — A little holy humor

We all get old in the end.

I changed my car horn to gunshot sounds. People get out of the way much faster now.

I didn't make it to the gym today. That makes five years in a row.

I decided to stop calling the bathroom the "John" and renamed it the "Jim". I feel so much better saying I went to the Jim this morning.

Old age is coming at a really bad time. When I was a child I thought "Nap Time" was a punishment. Now, as a grownup, it feels like a small vacation.

The biggest lie I tell myself is..."I don't need to write that down, I'll remember it."

I don't have gray hair; I have "wisdom highlights" I'm just very wise.

If God wanted me to touch my toes, He would've put them on my knees.

Last year I joined a support group for procrastinators. We haven't met yet.

Of course I talk to myself; sometimes I need expert advice.

At my age "Getting lucky" means walking into a room and remembering what I came in there for.

Actually I'm not complaining because I am a Senager (Senior teenager). I have everything that I wanted as a teenager, only 60 years later.

I don't have to go to school or work.
I get an allowance every month.
I have my own pad.
I don't have a curfew.
I have a driver's license and my own car.
The people I hang around with are not scared of getting pregnant.
And I don't have acne.
Life is great.