

Wings



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

The Newsletter of
First Unity Church
Of Saint Louis

February 2012

- ❖ Inspiration
- ❖ Information
- ❖ Illumination

Inside this issue:

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Love

"You shall love the Lord your God with all your heart, and with all your soul, and with all your mind. This is the great and first commandment. And a second is like it, You shall love your neighbor as yourself. On these two commandments depend all the law and the prophets. "

-Matthew 22:37-40

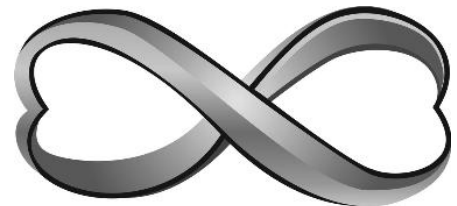
"Love your neighbor as yourself." This commandment provides right direction for us to follow in any relationship. Yet, as we look more deeply at these five words, another meaning comes to mind that directs us to even greater harmonious living. *Love yourself!* Jesus tells us to love our neighbors as ourselves. Do we first need to love ourselves before we can love another? Yes!

Jesus was not speaking of a love born of vanity or conceit or pride; He was talking about caring for ourselves as individuals, about feeling worthy of love.

When we love ourselves -- the good within us, the God-idea within us -- we are able to express love toward others. We are able to build and expand relationships.

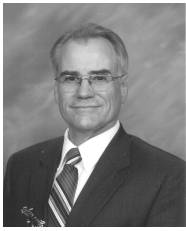
I develop greater self-love by affirming:

Today I recognize myself as



Love Never Ends

*a child of God. I am good,
and I am worthy of God's
love. God loves me and I
love myself.*



Rev. Randy Schmelig
Senior Minister

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Jan Mourning
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WINGS NEWSLETTER
Faye Schmelig, Editor
Email: fayeschmelig@att.net

OFFICE HOURS
Monday – Thursday, 9am –
3pm
Church phone: 314-845-8540
Prayer Line: 314-845-6936
Minister's home: 314-892-3017
Fax: 314-845-0022

www.firstunitychurchstlouis.or
g/

Email: firstunitystl@att.net

randyschmelig@att.net

Silent Unity: 1-800-669-7729

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New Member

On Sunday, January 29th, we welcomed new member, **Patti Wecke**, into our church. Patti, we are happy to have you as a part of our spiritual family!



PANCAKES!

A **Valentine Pancake Brunch** is planned for Sunday, February 12th, immediately following the service. The food is always good and the fellowship joyous. This would be a wonderful opportunity to bring a friend to church!

First Unity Greeters

Following our worship service on Sunday, February 26, Rev. Randy would like to meet with anyone who would enjoy becoming an “official” First Unity greeter. A warm welcome makes everyone feel good and appreciated, and shows new visitors what a friendly church we have.



This month the **Ladies' Night Out Group** will be meeting Monday evening, Feb. 20th at 5:30 at Sesame Chinese Restaurant, 10500 Watson Road. For more information call Mary Tumminello – Home: 314-843-1807 Cell: 314-814-4530. All are welcome!

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. These items are a real necessity, not a luxury.

Items for the elderly such as Ensure and Depends

Baby Items - such as diapers and wet wipes

www.feed-my-people.org

Refocus for Lent

Give up complaining — focus on gratitude.
Give up harsh judgments — think kind thoughts.

Give up worry — trust God to provide.
Give up discouragement — be full of hope.
Give up bitterness — turn to forgiveness.
Give up hatred — return good for evil.
Give up anger — be more patient.
Give up pettiness — become mature.
Give up jealousy — pray for trust.
Give up gossiping — control your tongue.
Give up sin — turn to virtue.
Give up giving up — persevere.

--Author unknown

Sunday School

Our Sunday school team would like to invite those interested in caring for our Unity children to come down for a visit to see the wonderful things happening every Sunday.



Praying with You

Our Prayer Chaplains

Tom Bullock, Duane Cox, Deb Fry, Anne Hartupee, Paul and Judy Henley, and Jan Mourning are our prayer chaplains for this year. They are available to pray with you on Sundays and will make prayer calls to anyone who would like to receive them. We are grateful for the loving, caring service of our chaplains, and we bless them in this important work.



Silent Unity February Affirmations

Inner Peace: I discover peace within.

Guidance: Prompted by inner guidance, I move forward with courage and poise.

Healing: I claim my wholeness. I am healthy and strong.

Prosperity: Spirit fills my mind and my life with unlimited good.

World Peace: My thoughts, words and actions contribute to peace for all.



Have a heart

Valentines of every size and description adorn store windows and other places of business this time of year. The holiday has become a time for love to be enthroned as a virtue, with the heart symbolizing the romance of our lives.

But the heart symbolizes not only love, but life itself! Without a heart, our bodies cannot survive.

Consider God's words to Samuel: "Do not look on his appearance or on the height of his stature, because I have rejected him; for the Lord does not see as mortals see; they look on the outward appearance, but the Lord looks on the heart" (1 Samuel 16:7, NRSV).

The heart -- that inner countenance -- shows what we really are. Samuel was to seek one of the sons of Jesse to be the new king. David, even though he was the weakest physical specimen, was the one selected. His heart was great.

Love looks deeper than outward appearances, and we can thank God for that. Don't be swayed by mere valentines — have a heart!

The Alphabet Prayer

Many of us need to be more like the little girl whom the farmer found lost in his meadow. The farmer said to her, "Do not cry; I'll take you home."

The little child snuggled up to him, and with a smile, said, "I knew you would; I was waiting for you."

"Waiting for me?" said the man. "What made you think I was coming?"

"I was praying you would," she said.

"Praying? When I first heard you, you were saying A-B-C-D-E-F-G. What was that for?"

She looked up again and said, "I'm just a little girl. I was praying all the letters of the alphabet and letting God put them together the way he wanted to. He knows I was lost, and

he knows how to put words together better than I do." -Homiletics

A Lasting Empire

One day as Napoleon came toward the end of his career, he looked back across the years — the great Napoleon that at a very early age had all but conquered the world. He was not stopped until he moved out to the battle of Leipzig and then to Waterloo. But that same Napoleon one day stood back and looked across the years, and said: Alexander, Caesar, Charlemagne and I have built great empires. But upon what did they depend? They depended upon force. But long ago Jesus started an empire that depended on love, and even to this day millions will die for him.

-Martin Luther King Jr.



X = Kiss

During the Middle Ages, when few people were able to write, many documents were signed with an X. Signers kissed the letter to affirm their sincerity in the same way they kissed the Bible when taking an oath.

The letter X wasn't selected at random. It was the sign of St. Andrew, who was crucified on an X-shaped cross. The X implied a sacred promise to fulfill one's obligation in the saint's name.

Valentines to give your children

- Acceptance – Teach kids that you love them for who and what they are. Give this gift with a kiss.
- Self-confidence – Help children understand that they can trust themselves. Give this gift with a hug.
- Life without needless fears – Don't let your kids see you as a worrier. Give this gift with laughter.
- Appreciation – Help children acquire a spark of gratitude and enjoy all of life. Give this gift as they go out the door.
- Faith – Introduce your children to God, the best friend they'll ever have. Give this gift by taking them to church every Sunday.

“Quotable Quotes”

For where your treasure is, there will your heart be also.

-Matthew 6:21

A joy that is shared is a joy made double.

-John Ray

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

-C.S. Lewis

Love is, above all, the gift of oneself.

-Jean Anouilh

Love is not only something you feel. It is something you do.

-David Wilkerson

You can give without loving, but you cannot love without giving.

-Amy Carmichael

To be in love is to surpass one's self.

-Oscar Wilde

A religious awakening which does not awaken the sleeper to love has roused him in vain.

-Jessamyn West

People do not care how much we know until they know how much we care.

-Anonymous

He who has a thousand friends has not a friend to spare; and he who has one enemy will meet him everywhere.

-Ralph Waldo Emerson

Love is the river of life in the world.

-Henry Ward Beecher

A good head and a good heart are always a formidable combination.

-Nelson Mandela

This is the miracle that happens every time to those who really love; the more they give, the more they possess.

-Rainer Maria Rilke

The Iconoclast

By Russell W. Lake

Even a casual reading of the Bible reveals that Jesus Christ did not say all that His listeners expected or wanted Him to say. There seem to have been times when the disciples' understanding was stretched to the limit by the nonconformist ideas He presented. The incredibility of His words that startled the people of His time may continue to startle to this day, although multitudes now claim to accept His teachings. This is not to say that the multitudes understand the deep meaning of His words, however.

Jesus was an iconoclast, a breaker of images, a shaker of traditional beliefs.

In Matthew, He said: "Love your enemies and pray for those who persecute you." Say that to the average person on the street and you will probably get a patronizing smile. "Sounds fine, but it's impractical," may be the reaction. A common misconception is that if you let down your guard for an instant, somebody is sure to belt you. Yet here is Jesus Christ instructing us to love the person who is determined to bring us to our knees, and even to pray for such a person. This is so far from the "common" behavior pattern that some of us may find it difficult to conceive of a situation in which we would act this way. There is a consistency in Jesus' teachings, which we can depend on. Always He said, in effect, when in doubt express love. And let us not fall back on the lame excuse that He was speaking in a different time and to different people. His listeners were as opinionated and as pragmatic as we are and perhaps more so.

This is only one of the instances in which Jesus taught us to deny the way of the world and embrace the non-belligerent and more powerful way of God. It may be astonishing to us that His way inevitably proves better when given a chance.

Jesus said: "And whatever you ask in prayer, you will receive, if you have faith." Try telling that to a person who has prayed hard for months and no obvious good has come of it. Maybe our experience has shown that we must fight for anything

we want, and a contrary view seems to go against the law of probability. There is not a person alive who would not love to get desired things through prayer, yet some of us feel that this surely cannot be the way to get money or prestige or a house or an automobile.

A great many people pray but do not really believe in the efficacy of prayer. They hope for many things but seem to be looking for effortless manifestations. Jesus never said it was easy. He simply said, "Whatever you ask in prayer, you will receive, if you have faith." There are prayers and there are prayers. There is believing and there is believing. There is one way to ask and there is another way.

We need to learn how to pray and how to ask and how to believe. Effective prayer is total commitment to God. It is taking our affairs and desires to Him and agreeing to follow His leading wherever it may take us. He leads us on our true course by implanting strong impulses and inner knowing.

Asking is naming our desire and laying plans to receive it. There are many ways of asking, but none of them includes pleading with God.

Believing is expectation without shadow of doubt, or acceptance of an idea with no trace of dissent. There is depth to the condition of believing that many of us never dream of. You may believe that a certain act will produce a certain result but you are not completely devastated if it fails to do so. On the other hand, it is beyond your comprehension that the sun will not come up in the morning, or that you will not get wet when you walk in the rain. You believe with a total conviction that a temperature of forty degrees below zero is cold. It is that kind of believing that Jesus stressed when He said that if you believe you will receive what you desire.

The traditional concept that we earn our good through the sweat of our brows seems to run counter to Jesus' statement that asking in prayer, believing, will bring the manifestation. It is easier for us to believe that it takes hard labor to get the things we want. Perhaps we forget that labor is one way of asking. Perhaps it is the best way for some of us, but labor without faith does not bring success. We assure and multiply the good

effects of our work through sincere prayer coupled with expectation.

In discussions of how to get along in the world, someone is sure to declare: "I watch out for No. 1. If I don't, nobody else will," and others nod in agreement. Yet Jesus said: "Therefore I tell you, do not be anxious about your life, what you shall eat or what you shall drink, nor about your body, what you shall put on. Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they?"

How many of us believe that God will feed us or clothe us? We have never seen food or clothing or lodging materialize out of invisible substance. We go to the shopping center to buy the things we need, and buying takes money. What, one may ask, does God have to do with that? People shrug off miracles, often refusing to concede that they are anything more than strokes of luck. While some may doubt in their hearts that God will provide all their needs as Jesus asserted, they hasten to proclaim that God sometimes does help a great deal by making their work more productive and their ventures successful. It is the same thing. Even the birds of the air must expend the effort to go where the food is and to eat it. All of us need a more exact understanding.

Jesus told us how to reach the ultimate goal. He said, "But seek first his kingdom and his righteousness, and all these things shall be yours as well." Simply sitting by the wayside does not guarantee good results. In this, as in all Jesus' teachings, He tells us first to seek, to ask, to knock, to believe, and the manifestation will follow. First the effort in faith, then the reward. This is His instruction. We must send out our ships before they can return with treasure.

If a stranger should walk into our town today and declare, "You are gods," I doubt that he would get much attention. Even if he came with a great following we might look upon him as a charlatan who had hoodwinked a lot of people, and when he said in all seriousness, "Love your neighbor as yourself," some of us would be sure of it. Certainly all will agree it pays to be friendly with our

neighbor, or at least not to fight openly with him. It saves all kinds of problems. But to love him as much as we love ourselves? That is considered a bit much.

We judge all that we see and all that we hear in the light of our own experience and understanding. Experience tells us that we are not gods. In all our life we may never have demonstrated anything approaching miraculous powers. When a man asserts and insists that we are gods, some of us cannot understand him. When he tells us to love our neighbor as ourselves, he must be speaking of some other neighbor, not the one who lives next door to us. And thereby we miss the whole point.

Quite probably the people of Jesus' day had similar reactions to His incredible statements, at least in the beginning. Even when the blind men came to Him and He said, "Your faith has made you well," and their eyes were opened, perhaps some of those present rationalized that the men were not really blind in the first place, or that they would have regained their sight anyway. We may never have seen blind men made to see by someone simply touching their eyes, therefore we say it cannot be done. It is unreasonable. Knowing something of the complex structure of our eyes, we believe that if sight is gone it will take something more than a mere touch on the eyelids to restore vision. We need to elevate our understanding before we can realize that the "something more" is the ever-available power of God.

Even earnest students steeped in metaphysics sometimes find it difficult to accept without reservation the wonderful promises of Jesus Christ. We live too much in the world. When we read that Jesus said, "Love your enemies and pray for those who persecute you," our habitual thought struggles with our desire to believe. We may find it hard to understand how a woman could be healed of a serious illness simply by touching the hem of His cloak. Even the Golden Rule may be difficult to accept as a way of life. "And as you wish that men would do to you, do so to them."

Jesus Christ upsets old concepts and reverses mass reactions. If we

would follow Him we must give up cherished beliefs, ingrained opinions, long held attitudes and convictions, and with cleared minds take His teachings into our consciousness. As He said, we must become as little children, trusting, and our minds uncluttered with preconceived notions gained from worldly experience. When we can accept His words as Truth and follow His example without questioning, then we can say that we believe in Jesus Christ.

His words are words to live by; not just to live--everyone who walks about does that-- but to live successfully, joyously, triumphantly. Jesus received promptings directly from God, even as we do. The voice of God speaks within us at the very core of our being, and we hear as Jesus did. We need to listen as Jesus did. Whether we know it or acknowledge it, we are inseparably one with God. He in us and we in Him. This is why, in spite of our armor of materiality and stubbornness, we feel His presence, though perhaps as through a veil, and we yearn to let Him in.

Jesus' words are iconoclastic, but in a wonderful way. His Truth assails us, transforms our consciousness, and one beautiful day it will break through triumphantly to our willing hearts, and we will cry out in joy and exultation, "I believe!"

Redeem your Achilles' Heel

By Mary Mae Oesch

Achilles and his vulnerable heel have survived from ancient literature to rate mention in modern editions of Webster's dictionary. Do you remember the story--how Achilles' mother, by dipping him in the river Styx, had made him invulnerable except in the heel by which she held him?

Ever since Homer's Achilles made his impression on the public mind, the heel has been symbolic of man's weak point, the area in which he is most subject to attack or failure.

All of us have our individual Achilles' heels--some of these are temporary, others apparently of a more permanent nature. Some are obvious, others so secret that we may

fail to recognize them. But what we do about a weakness whatever its nature--is entirely up to us and exerts a tremendous influence on our welfare and our usefulness in the world.

Some persons may dismiss a personal defect with the excuse: "I can't help it. That's just the way I am." But history is made and success is gained by those who are wise enough to capitalize on their disabilities, to use weakness as an impetus toward greater strength than they would otherwise have known. These persons learn that it is entirely possible to become strongest at the weakest point; and whether they know it or not, all of them succeed by calling upon the superior powers of their own indwelling divinity.

Thomas Edison did not indulge in self-pity because he was deaf. Rather, he felt that his deafness enabled him to concentrate all the better on his experiments and inventions. He was able to shut out distractions, and to "listen" more receptively to the guidance of a higher intelligence within him.

Beethoven too, might have let deafness end his career as a composer. Yet as the outer world receded for him, he turned inward and probed the mysteries of human life in a new musical language. At the premier of his "Ninth Symphony" he had to be turned around to *see* the applause he could not hear.

Perhaps physical affliction is the most common type of Achilles' heel. Many famous persons--H. G. Wells, historian; Theodore Roosevelt and Franklin Delano Roosevelt, Presidents of the United States; Luther Burbank, world renowned naturalist; Robert Lewis Stevenson, author; these and many others--took a positive attitude toward their health problems and let their weakness open the way for strength and achievement. But what about those of us who are not at all famous? Can an ordinary, run-of-the-mill "nobody" afford to be defeated by an Achilles' heel? First, we must discard the nobody approach, for every one of us is an important somebody in the eyes of God and has his own work to do in God's world.

One man, who once would have considered himself a nobody, found his work after he overcame an

addiction to alcohol. He founded Alcoholics Anonymous and devoted the remainder of his life to helping other alcoholics overcome their weakness.

Glenn Cunningham was just another country boy. But after he suffered severe burns on his legs, he made those very burns serve him well. He learned to run better and faster and longer until he became Mr. Somebody in the sports world.

A little girl who was a polio victim did not welcome the idea of dancing as therapy to stretch and develop injured muscles in her leg. Dancing, especially ballet, was a painful experience for some time. But little girls have a habit of growing up in spite of, and sometimes because of, their problems. This young lady chose a career in dancing that made her an internationally known Miss Somebody.

A boy, Clem Labine, broke the index finger on his right hand. He was quite discouraged because the finger was not set correctly. He felt that a permanent crook in the finger would keep him from the baseball career of which he had dreamed. But a wise coach explained that everything depended on how the young fellow met this trouble. Working on the theory that every adversity contains the seed of some benefit, the boy practiced pitching until he could throw one of the best curves in the game. The crooked finger gave an unusual twist and spin to the ball, and the young man became famous as the pitcher with a jug-handled curve.

Often it occurs that one who overcomes his own handicap is able to bring rich benefits not only to himself but to others with similar problems. An outstanding example is found in a man named Sam Genensky, who is largely responsible for the invention of a marvelous "seeing machine." A senior mathematician doing research work for a large corporation, this remarkable man, aided by other scientists and engineers, has perfected a special closed circuit television machine that will enable many thousands with severe visual handicaps to read at almost normal speed. This accomplishment is made all the more remarkable by the fact

that the inventor himself has been legally blind since infancy.

Most Achilles' heels bring less dramatic results than did Sam Genensky's; yet every weakness or adversity can be made to serve some useful purpose.

A sickly youth was advised to try playing a wind instrument to strengthen weak lungs. As he became adept at playing a trumpet, he found that he overcame not one weakness, but two; for his weakness had been not only physical but social and emotional. His mastery of a musical skill not only made him physically stronger but gave him a common interest with other musically inclined youths and helped him overcome shyness and timidity.

A woman with a hearing difficulty turned her problem into a social asset. Even with a hearing aid, it was necessary for her to lip-read by giving rapt attention to others in conversation. Friends and acquaintances were quick to recognize that she had developed to a high degree the art of listening; and a good listener is a rarity where the human tendency is for everyone to talk at once. This woman listened with her eyes and her mind and her heart so that many sought her out as friend and confidant. Her handicap, instead of isolating her, added to her charm and helped endear her to others.

My own Achilles' heel actually involved the Achilles tendon connected with the heel. A period of severe pain and forced inactivity found me frustrated and much chagrined by the fact that I had failed to demonstrate good health. But as logic began to replace frustration, the natural reasoning process took over: Since I'm stuck here, and nonresistance seems to be part of the answer, how can I turn this difficulty to some advantage? What do I need to learn from this experience? What are the compensating factors?

My answer was twofold: First, I would not have been in this predicament if my health consciousness had been maintained at a high enough level; second, my awareness of God would not have wavered, had I been true to my former habit of regular prayer periods. In the rush and hustle of daily demands, I had

skipped my time of meditation "just this once," then again and again just one time. Odd moments of prayer, snatched here and there, are no substitute for regular daily periods of quiet meditation observed faithfully; and my consciousness had gradually skidded downhill. Certainly a renewal of spirit was in order before I was ready for physical restoration.

Yes, my Achilles' heel was definitely trying to tell me something, something like: "Get your thoughts and feelings straightened out, and your heel will follow your head. Get back to God, to a consciousness of God's living presence within you, and your body will respond with perfect health."

When my basic need was made clear to me, instead of chafing under the restraint of enforced rest, I welcomed the opportunity to make up for the times when I had missed my appointments with God. I am not about to pretend that my recovery was either instant or miraculous; but there was a steady improvement, first in my spiritual awareness and later in physical well-being.

At the same time I knew that I must treat myself for forgiveness. So long as there is resentment or bitterness in regard to any situation or relationship, we need the release of forgiveness. I knew that my release from pain would follow when selfless love had replaced the ire that was aroused by a certain problem-relationship in my daily life. But in time I felt that I had reached a new and higher plateau in spiritual awareness, and I was more consistently conscious of the Christ presence indwelling all things.

My Achilles' heel experience yielded a bonus benefit. I had felt for some time that the pressures of everyday demands left me far too little time for writing. Then all at once I had more time than anything else. In fact, could not some of that time be well spent helping other Truth students see their Achilles' heel as a blessing in disguise?

Now, when I enjoy the simple act of walking, I try to remember always that God walks with me and works through me--yes, even through my heel.

February 2012

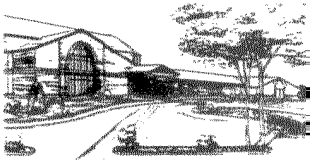
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 <i>AA Men's Group</i> 10:00 AM <i>CA</i> 7:00 PM <i>Choir</i> – 6:00 <i>Bell Choir</i> – 7:30	2 <i>Ukulele Practice</i> 7:00 – 9:00 PM	3	4
5 <i>Sunday Service</i> 10:30 AM <i>Youth Ed</i> 10:30 AM <i>12 Powers Class</i> 9:15 AM	6	7 <i>Tai Chi</i> 10:00 AM	8 <i>AA Men's Group</i> 10:00 AM <i>CA</i> 7:00 PM <i>Choir</i> – 6:00 <i>Bell Choir</i> – 7:30	9	10	11
12 <i>Sunday Service</i> 10:30 AM <i>Youth Ed</i> 10:30 AM <i>12 Powers Class</i> 9:15 AM <i>Valentine Pancake</i> <i>Brunch after service</i>	13	14 <i>Tai Chi</i> 10:00 AM	15 <i>AA Men's Group</i> 10:00 AM <i>CA</i> 7:00 PM <i>Choir</i> – 6:00 <i>Bell Choir</i> – 7:30	16 <i>Ukulele Practice</i> 7:00 – 9:00 PM	17	18
19 <i>Sunday Service</i> 10:30 AM <i>Youth Ed</i> 10:30 AM <i>12 Powers Class</i> 9:15 AM	20 <i>Ladies Night Out</i> <i>Sesame Chinese</i> 10500 Watson Road 5:30 PM	21 <i>Tai Chi</i> 10:00 AM	22 <i>AA Men's Group</i> 10:00 AM <i>CA</i> 7:00 PM <i>Choir</i> – 6:00 <i>Bell Choir</i> – 7:30	23	24	25
26 <i>Sunday Service</i> 10:30 AM <i>Youth Ed</i> 10:30 AM (Greeters meeting following service) <i>12 Powers Class</i> 9:15 AM	27	28 <i>Tai Chi</i> 10:00 AM	29 <i>AA Men's Group</i> 10:00 AM <i>CA</i> 7:00 PM <i>Choir</i> – 6:00 <i>Bell Choir</i> – 7:30			

Wings

THE FEBRUARY 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: FirstUnitystl@att.net
www.firstunitychurchstlouis.org



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The light side — A little holy humor

A Sunday school teacher was teaching a group of youngsters about the Israelites in the Old Testament. She kept referring to the Jews as the “children of Israel.”

A little girl interrupted her, wanting permission to ask a question.

“Certainly,” the teacher responded.

“Well,” the child said, “you keep talking about the children of Israel. The children of Israel crossed the Red Sea. The children of Israel built the temple. The children of Israel did this and did that. Didn’t the grown-ups ever do anything?”

Dr. Harry Emerson Fosdick was a preacher, scholar and teacher who served Riverside Church in New York

City in the first half of the 20th century. While walking one day, he stopped to talk with a young woman and her 4-year-old daughter. As the conversation drew to a close, the preacher told the little girl to tell her father that she had spoken to Dr. Harry Emerson Fosdick.

The child responded by saying, “Tell your mother that you talked to Susie Smith.”

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

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.”