

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

May 2013

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

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The Emerging Self
By Ernest C. Wilson

Take your Place

By Frank B. Whitney

You were created and brought into the world to fill a definite place. If through your adverse thinking you keep yourself out of the position God has assigned to you, you bring confusion into your life. You cause a certain unsettled condition in the great universal plan as far as you are related to it. The vacant chair at the Lord's banquet remains unfilled because you do not fill it. No one else can take your place in the Lord's sight.

If through misfortune of some kind you find yourself today in a position that you feel is not the place God has in mind for you, your duty is to find that place and fill it. You are to accept God's aid in discovering your place in His great plan of life. On no account are you to be discouraged, nor content with anything short of God's blessings for you.

Many persons are ill at ease because within them is an urge to go forward and upward and they do not obey the impulse. They become restless because they have the subconscious feeling that they can go ahead, but they do not let themselves be impelled by it. They have the inner conviction that they could have better things in life but refuse to move toward the object they seek.

The study of Truth sets us free. We are liberated from inhibitions. We cast off the bonds that have kept us bound to limitations. We escape from the place of humility, sacrifice, and lack and catch the vision of our place in the Father's business. We see Him advancing us from glory to glory. We accept the good fortune that He has in store for us.

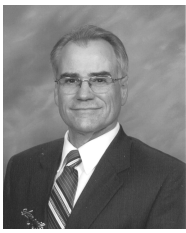
Take your place in the Father's blessings! Know that His limitless resources are at your command. Do you think this attitude is too self-assertive? Remember that the prince of a royal household is not self-assertive when he shares in his father's bounty. He may have a feeling of humility when he regards his father but he takes the good showered upon him as a matter of course. He takes his place in the royal household because there is no other position to take.

The Spirit of Christ today urges you forward. You are commanded to lay aside your weeping, discontent, and resignation and to take your place in the royal household. You are to behold yourself as free, healthy, and successful. You are to see yourself as the child of God.

To take your place in the Father's love, to accept the position He offers you in the great universal plan, calls for but one thing: the right mental attitude. You are to rule out of mind every thought contrary to peace, joy, health, and success. You are not to be content any longer with anything short of these. You are to aspire to the high consciousness in which the blessings of God are showered upon you as the most natural thing in the universe.

Do you think that aspiring to your rightful place is going to make you too discontented with life? You will be discontented until you find it. You will be discontented as long as you are content with anything short of the ideal that you occasionally behold. Your natural choice is to train yourself to enter the high consciousness in which blessings are yours at your command and desire.





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Minister

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New Board Members

At our annual meeting on April 28th we elected Cathy Zehner, Denise Halbert Raggio, and Paul Henley as new members to our church board. Jim Harr and Kit Whittington stepped down after two consecutive terms of wonderful service. We give thanks for all our out-going board members have done for our church and welcome the contributions our new members will make for our future.



Have you visited our **Face Book Page** or our **Website** lately? You can listen to Rev. Randy's lessons and our music and watch our services on video now!

www.firstunitychurchstlouis.org



This month the **Ladies' Night Out Group** will be meeting Monday evening, May 20, at the Outback Steak House on Lindbergh. For more information call Mary

Tumminello: Home: 314-843-1807 Cell: 314-814-4530. All are welcome!

May 14: They Tore My Heart Out and Stomped That Sucker Flat by Lewis Grizzard

June 11: Empty Cradles by Margaret Humphreys

Place: Bread Company, across from St. Anthony's Hospital from 2:00 to 4:00. If you see a book you would like to discuss, please join us for that meeting. There are no requirements to attend all the meetings. Contact: Carol Bullock @ 314-894-2602 or (cell) 314-518-9598 for questions.



Our Prayer Chaplains 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.



Praying with You

Feed My People is associated with a national group called Ample Harvest which encourages people to donate any

excess produce their garden grows to a local food pantry. They are always thrilled to have fresh fruit and vegetables to give out to their clients and would be glad to receive any extra produce from your home garden.



www.feed-my-people.org

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.

"Ours is a world of nuclear giants and ethical infants. We know more about war than we know about peace, more about killing than we know about living. We have grasped the mystery of the atom and rejected the Sermon on the Mount."

—General Omar Bradley



MEMORIAL DAY

Special Dates

- National Day of Prayer, *May 2, 2013*
- Mother's Day, *May 12, 2013*
- Armed Forces Day, *May 18, 2013*
- Pentecost, *May 19, 2013*
- Memorial Day, *May 27, 2013*



May Affirmations

Inner Peace: I am at peace.

Guidance: I open my heart to infinite wisdom.

Healing: I am healthy in mind, body, and spirit.

Prosperity: I affirm my divine inheritance and claim my good.

World Peace: I envision peace, harmony, and love for all people.



Mother with a Mission

Catherine Booth, wife of Salvation Army founder William Booth, was said to have read the Bible through eight times before age 12. In 1855, she married William, a Methodist minister, keeping the wedding simple so more money could go toward ministry.

Breaking with tradition, Catherine became active in the church, speaking in meetings and giving public testimony. While raising eight children, she raised funds for her work, which included helping alcoholics get their lives on track.

Upon her death, this “Mother of the Salvation Army” received high praise from her husband. “To me she has been made of God, never-failing sympathy, reliable wisdom and unvarnished truth,” said William Booth. “In short, all that is noble and good; and consequently a tower of strength, a mine of wealth, and an everflowing fountain of comfort and joy”

All or Nothing

You will not stroll into Christlikeness with your hands in your pockets, shoving the door open with a careless shoulder. This is no hobby for one’s leisure moments, taken up at intervals when we have nothing much to do, and put down and forgotten when our life grows full and interesting. ... It takes all one’s strength, and all one’s heart, and all one’s mind, and all one’s soul, given freely and recklessly and without restraint.

Someday

“Someday” is a snake whose tongue has mastered the talk of deception. “Someday,” it hisses, “I’ll take her on that cruise...we’ll have time to sit and chat...”

But you know the truth before I even write it, don’t you? Someday never comes! Wise up! Invest the time. Send the flowers. Write the

letter. Make the apology. Take the trip. Purchase the gift. Do it! The seized opportunity brings joy — the neglected one brings only regret!

-Max Lucado, *And the Angels Were Silent*

A New Adventure

In *Fearless*, Max Lucado writes about the last wishes of Charles Lindbergh. The famous aviator wrote these words to be read at his burial service: “We commit the body of Charles A. Lindbergh to its final resting place; but his spirit we commit to Almighty God, knowing that death is but a new adventure in existence.”

The Joy of Service

I slept and dreamt that life was joy.
I awoke and saw that life was service.
I acted and behold, service was joy.

-Rabindranath Tagore

The Prayer of “Wow”

When we are stunned to the place beyond words, when an aspect of life takes us away from being able to chip away at something until it’s down to a manageable size and then to file it nicely away, when all we can say in response is “Wow,” that’s a prayer.

-Anne Lamott, *Help, Thanks, Wow*

Achieving Success

When Ralph Waldo Emerson reflected on true success, he didn’t mention fame, fortune or social status. Ponder his thoughts — and your own definition of success:

“To laugh often and much; to win the respect of intelligent people and the affection of children; to earn the appreciation of honest critics and endure the betrayal of false friends; to appreciate beauty; to find the best in others; to leave the world a bit better whether by a healthy child, a redeemed social condition or a job well done; to know even one other life

has breathed because you lived — this is to have succeeded.”

“Quotable Quotes”

“I remember my mother’s prayers, and they have always followed me. They have clung to me all my life.”

-Abraham Lincoln

“Biology is the least of what makes someone a mother.”

-Oprah Winfrey

“The phrase ‘working mother’ is redundant.”

-Jane Sellman

“The heart of a mother is a deep abyss at the bottom of which you will always find forgiveness.”

-Honoré de Balzac

“Only a life lived for others is a life worthwhile.”

-Albert Einstein

“Dwell as near as possible to the channel in which your life flows.”

-Henry David Thoreau

“Courage does not always roar. Sometimes courage is the quiet voice at the end of the day saying, ‘I will try again tomorrow.’”

-Mary Anne Radmacher

“If you have a mom, there is nowhere you are likely to go where a prayer has not already been.”

-Robert Brault

“Let us be grateful to people who make us happy; they are the charming gardeners who make our souls blossom.”

-Marcel Proust

“Success is getting what you want. Happiness is wanting what you get.”

-Dale Carnegie



The Emerging Self

By Ernest C. Wilson

Human Relations

"I know my own and my own know me"-John 1 0: 15.

"See that none of you repays evil for evil ... Do not quench the Spirit ... but test everything; hold fast what is good. 1Thess. 5:15,19,21.

"Thou dost guide me with thy counsel"-Psalms 73:24.

"I do not love thee, Sabidius, nor can I say why; this only I can say, I do not love thee"-Martial.

"Have you not learned great lessons from those who reject you, and brace themselves against you? or who treat you with contempt, or dispute the passage with you ?"-Walt Whitman.

Countless books have been written about the fine art of human relations, the art of getting along with people. But when it comes right down to individual cases, what is said in the books often seems not quite to apply to the situation at hand. Because no two human beings, no two situations, are ever quite the same. They are like a simple statement, which is like many other identical statements - except for dangling clauses, many modifiers. In human relationships there are dangling clauses, many modifiers. So in the final analysis you are faced by a circumstance, an encounter, an experience, that has never happened before.

Thank God, then, that you have an innate wisdom, an inner guide and counselor, which can be your very present help in the matter of human relationships as in other things. This does not mean that you should ignore all human and mundane channels of guidance to decision and action, but "do not be anxious how or what you are to answer or what you are to say; for the Holy Spirit will teach you in

that very hour what you ought to say." Or as Emerson put it, "A man should learn to detect and watch that gleam of light which flashes across his mind from within, more than the luster of the firmament of bards and sages."

Eternally you are a son of God and as such you are "the leading character in your own life's drama." One of the greatest factors in good human relationships is to recognize that everybody else is the leading character in his life's drama as well.

Because each of us is a son of God, and thereby unique, everything about us is of paramount interest and importance to us. We need to feel important, not in an egotistical sense, but in a truly appreciative sense, to bear witness to that nature in our self and in others.

Personal Worlds

Each of us, no matter how much family we have, no matter how many friends and acquaintances we have, lives in a world of his own. It can be a very lonely world if we allow our self to become too introspective, too much concerned with our own selfish though well-intentioned interests, too self-absorbed to realize and respond to the needs, the interests, the aspirations, the potentials in others.

When you are introduced to someone, do you pay attention to his name, or are you so absorbed in your own thoughts, or your concern about the impression you make, that you do not even hear his name? If you do not hear it clearly it may not be altogether your own fault, for names are not always clearly spoken, and if they are not familiar ones, may make no clear impression on you. Yet it is important that you should mentally register his name, for next to someone's actual person, his name is the most important thing about him - to him. Is this not true of you? On a printed page solidly covered with words, if your name appears even once among the

hundreds of words before you, will your eyes not seek it out? If you are in a shop or a restaurant and the one who serves you calls you by name, does not his importance become greater in your estimation? "He called me by name!" He must be a superior person (or he makes you feel that you must be a superior person) to have recognized and remembered you.

If this is so for you, must it not be similarly so for others? You may think, as you meet someone for the first time, that you will probably never meet him again, do not particularly care whether you do; but that chance meeting might possibly become of great importance, and the more so if you take the trouble to ask him again to tell you his name, ask how it is spelled, repeat it if possible during subsequent conversation. He will know that you are a person worth knowing, because you have evinced an interest in what to him is as important as your name to you.

Perhaps the easiest thing to talk about, when you first meet someone, is yourself. You know more about yourself, is the ready excuse; but to the other person his own activities, his work, his family, his problems and achievements are paramount. Far from resenting questions you may ask, or remarks that invite him to tell about the trip he has made, the score he has made at golf, the attainments of his children, he almost invariably will respond warmly, and if you really listen and respond, you will have learned that there is a story in his life, and by extension in everyone's life.

Yes, there is a story in everyone's life, and though in some instances we are eager to know more about it, in others we could not care less. Why should this be so?

More Than Appears

We do not need to strain for ethereal explanations of our attraction to some persons and not toward others. There are logical and

obvious reasons for many of them. We quickly discover kindred interests; or a person reminds us of someone we have known or liked; or our human shrewdness may nudge us toward developing an association that may be of material advantage to us. The authoritative books on these subjects give us their reasons. Yet they do not seem to explain everything. The poet says,

"We live in deeds, not years; in thoughts, not breaths;

In feelings, not in figures on a dial."

Why are we so drawn to some persons and not to others? Why do we accept some persons into our life at a first meeting as if they were old friends returned after long absence, and feel a sense of inner knowing that communicates without words, that is like resuming an interrupted friendship ... or an interrupted relationship that has not reached fulfillment? There is something yet to be resolved. Some obligations to be fulfilled. Some debt to be repaid. Something we yet must do - or undo. Have we known them in some other time, some other life? Either this is so, or it is "as if" it were so.

You will not find this possibility presented in any book of modern psychology. It is a part of the ancient wisdom, and there are intimations of it even in the Gospels.

Obviously we are drawn to people with whom we have found or are finding interests in common. With some persons kindred interests and possibilities of friendship are immediately recognized; with others such discoveries must be sought out, and can be developed. Most of us actually are better in heart and spirit than we customarily reveal ourselves to be. It is rewarding to discover this "real self" in people. Eugene O'Neill once wrote a play in which all the characters wore masks that represented the way they wanted to appear to others, or perhaps the way they thought of themselves. Often when the mask

was discarded the person back of it was different - better perhaps than the mask he wore.

In real life is this not almost literally true? Some of the masks may be worn to conceal sensitivities, or a sense of guilt, or of inadequacy.

Often when we do not like someone it is because secretly we feel he does not like us, or that we do not merit his approval or friendship. In such cases, we tend to disparage his actions, viewpoints, motives. The metaphysical way of improving such a relationship is to think of his talents, skills, accomplishments; and not only to think of them but to express this recognition to others. Perhaps each of us has at times felt a disapproval or bias against someone, only to learn that he has spoken of us in complimentary terms to someone else. It is very difficult to dislike someone who speaks well of you, if you feel that he is sincere and not merely voicing an affirmation.

Some psychologists tell us that if we generally do not like other people it is because we do not like our self very well; that in the tendency to think and possibly speak disparagingly of others, we are actually trying to forgive our self for our own shortcomings. We are saying to our self: "See. You are not really so bad after all." This is a poor approach to a worthy attainment. We can do better by a different approach.

No matter how constructive we try to become, it is unlikely that we can honestly and sincerely like everyone equally well. The famous comedian who said he "never met a man he didn't like" either did not have a very keen sense of discrimination, or else he accepted people for what they truly are, and not for the varying degree in which they express what they are.

Some persons seem to have developed a special faculty for calling forth the best in others. Their talent takes many forms but even a cursory familiarity with these methods reveals that they

have one thing in common. They are all based on recognizing some desirable trait or attribute in people, and contriving to let them know, without being too obvious, that it is recognized and appreciated.

Praise

The power of praise can scarcely be overrated, when it is honest and merited, and is not a euphemism for flattery. Flattery underestimates the intelligence and worth of its object. Praise is a recognition of merit, to which the so-called lower creation as well as human beings respond and thrive. The person with the proverbial "green thumb" is one who not only understands the kind of food, water, shade, and sunshine that his plants and grass and flowers need, but who loves them and even talks to them. Scientists have recently discovered and have been able to measure the reactions of plants to approval and praise on the one hand, threats and condemnation on the other. And everyone who has a pet bird or a four-footed friend can testify to the pet's sensitivity and response.

Businessmen have become millionaires by understanding and responding to mankind's need for recognition and appreciation. Adequate or even generous compensation for services rendered, along with gifts and bonuses, are not in themselves enough. The warm clasp of a hand, the intelligent acknowledgment of a special skill, invariably call forth greater achievements, deeper loyalty, than pay alone will do. The dignity of the human spirit demands recognition. Everyone is a unique creation, and no two of us have identical talents, skills, capabilities. Consequently all of us can learn from others. A successful leader of men never tells them that they are wrong. He recognizes their merits and appeals to their self-respect, their integrity, their pride in accomplishment. "No one works for me. Others work with me," is his attitude.

Do Not Judge Others

Ministers, doctors, social workers, personal counselors are most successful in helping others if they never indicate surprise or shock at the self-revelations of those who consult them. Their purpose is not to pass judgment, to deplore, to condemn, but to consider what seem to be the factors in the problem presented, what solutions are acceptable to the patient or counselee. The counselor may believe that he has answers that are superior to those that the patient can accept, but the counselor's problem is to help the patient find the answers that he can live with most comfortably. And not infrequently what the patient needs is not some prescription or profound advice, not to be either praised for his successes and virtues or condemned for his shortcomings, but to be understood.

The Power That Attracts

A minister who was attending a convention entered a lounge in the hotel where the convention was held. Delighted to see some of his fellow ministers sitting around a table, he was dismayed by the sudden silence that fell upon the group as he approached. One of the younger of the group broke the silence by explaining, "We were just talking about you when you somewhat startled us by suddenly appearing in the doorway."

"That's interesting," the newcomer remarked.

"What did you find interesting to talk about?"

"We were puzzled about why it is that wherever you go, you always attract such a large congregation."

"That has puzzled a good many people. I sometimes wonder about it myself."

"I think I know the answer," the young minister volunteered.

"What do you think it is?" the newcomer invited.

"I think it is not your brilliance, or oratory, or anything

like that --"

"I don't have much of those qualities!"

"-- it is simply that you love people!"

Never underestimate the power of unselfish love. The instructor in a ministerial training school once told his students, referring to a well-known minister: "If you want an example of a man who has made a successful career out of just one idea, I can name you one. No matter what his subject is, it always turns out to be love."

It would be difficult to choose any one subject as the theme for a lifetime career that could equal love.

It has to be genuine.

There are many counterfeits, many pretenders to that throne. Possessiveness is one. So are self-interest, and sentimentality, and domination ("I am only doing this because I love you and want to save you from getting hurt"). The innate within us senses these shams, and if we live close enough to it, we avoid being deceived by what may even be unconscious or unintended deceptions.

There is a difference between loving and liking, too. A missionary returning to this country from Asia was asked how he felt about the soldiers of a warring country where he tried to serve young people especially. He seemed lost in thought for a few moments before he spoke. Finally he answered, "I love them, but I do not like them." He loved the sinners but did not like the things with which they identified themselves.

Become Involved

Most of us grow most and develop fastest when we permit ourselves to associate with persons of varied cultures and points of view. We may not like to have our pet notions challenged at the time this occurs, but we may come to cherish most those who have, as Walt Whitman put it, "disputed the passage" with us.

Perhaps each of us numbers

among his acquaintances at least one person who states his opinions as if they were incontrovertible facts. Mentally his stance may be almost that of a boxer preparing to fend off a blow. If instead of defending an opposing opinion you respond with the assertion, "You are absolutely right - from your point of view!" you may see a look of surprise come over his features, as if he was suddenly made to realize that there were (or at least might be) other points of view worth considering.

Everyone is right from his own point of view. If he were not, would he not change? It would seem so, and yet it is not always so. It is only since men have flown to the moon and back, and photographed the "good green earth" in its roundness, that the leader of the cult which had always maintained that the earth is flat (despite all contrary evidence) has conceded that it must indeed be round. And there are some who would agree with the response of the octogenarian who for the first time heard the theory of evolution expounded: "If it is so, I hope people never find it out!" The adjustment to so great a change of belief seemed just too much.

There is a point here for all aspiring Truth-seekers. Keep flexible in thought and emotion. The young tree is seldom damaged by assailing winds. Its trunk and limbs are pliable. The old trees whose branches have become stiff and brittle suffer the most. They can no longer adjust. So although we must perforce grow along with the years, we do not want to become inflexible, so fixed in our thought about "the way things have always been done" that we have closed minds.

--to be continued in June

May 2013

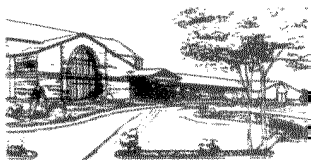
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 <i>AA Men's Group</i> 10:00 AM <i>CA – 7:00 PM</i>	2 <i>Ukulele Practice</i> 7:00-9:00 PM	3	4 <i>Adult Choir Rehearsal</i> 9:00 AM
5 <i>Sunday Service</i> 10:30 AM <i>Youth Ed</i> 10:30 AM <i>Bell Choir Rehearsal</i> 12:00 PM	6	7	8 <i>AA Men's Group</i> 10:00 AM <i>CA – 7:00 PM</i>	9	10	11 <i>Adult Choir Rehearsal</i> 9:00 AM
12 <i>Sunday Service</i> 10:30 AM <i>Youth Ed</i> 10:30 AM <i>Bell Choir Rehearsal</i> 12:00 PM	13	14 <i>The Book Club</i> 2:00-4:00 PM <i>They Tore My Heart and Stomped That Sucker Flat</i> <i>By: Lewis Grizzard</i>	15 <i>AA Men's Group</i> 10:00 AM <i>CA – 7:00 PM</i>	16 <i>Ukulele Practice</i> 7:00-9:00 PM	17	18 <i>Adult Choir Rehearsal</i> 9:00 AM
19 <i>Sunday Service</i> 10:30 AM <i>Youth Ed</i> 10:30 AM <i>Bell Choir Rehearsal</i> 12:00 PM	20 <i>Ladies Night Out</i> <i>Outback Steak House</i> <i>On Lindbergh</i> 5:30 PM	21	22 <i>AA Men's Group</i> 10:00 AM <i>CA – 7:00 PM</i>	23	24	25 <i>Adult Choir Rehearsal</i> 9:00 AM
26 <i>Sunday Service</i> 10:30 AM <i>Youth Ed</i> 10:30 AM <i>Bell Choir Rehearsal</i> 12:00 PM	27	28	29 <i>AA Men's Group</i> 10:00 AM <i>CA – 7:00 PM</i>	30 <i>Ukulele Practice</i> 7:00-9:00 PM	31	

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THE MAY 2013 NEWSLETTER OF FIRST UNITY CHURCH OF ST. LOUIS

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The light side — A little holy humor

Mistaken Identity

Two cars waited at a stoplight. When the light turned green, the first driver didn't notice. The woman behind him pounded her steering wheel and yelled. When the light turned yellow, she honked, made an obscene gesture and cursed. Hearing the commotion, the man looked up and accelerated through the intersection just as the light turned red. The woman ranted at missing her chance to get through.

Suddenly, she heard a tap on her window and looked up to see a policeman. He told her to get out and place her hands on her car. The bewildered woman was hustled into the patrol car, booked at the station and placed in a cell.

Eventually, the original officer returned and apologized for the mistake. "I noticed your behavior," he said. "Then I saw the 'Follow Me to Sunday School' bumper sticker and

the Christian fish emblem. Naturally, I assumed the car was stolen."

Thanks, Mom

Dad came home to find toys all over the living room, dirty dishes stacked in the sink, clothes piled in the laundry room, beds unmade and kids still in their pajamas. The house was a wreck, like nothing he'd seen before.

Worried, Dad rushed upstairs to find Mom reading a book in bed.

"Are you okay?" he asked.
"What happened?"

"You know how you always ask what I do all day?" Mom replied.
"Well, today I decided not to do it."

A Child's Perspective

A group of second-graders was quizzed about what ingredients their mothers are made of. One child said, "God makes mothers out of clouds and angel hair and everything nice in the world, and one dab of mean."

To the question "What does your mom do in her spare time?" one youngster said, "Mothers don't do spare time."

When the children were asked "Why did God give you your mother and not some other mom?" one child replied, "God knew she likes me a lot more than other people's moms like me."