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

June 2018

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

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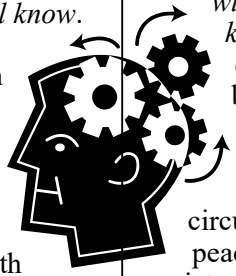
The Thirteen Commandments
By J. Sig Paulson

You will know

By Mary Kupferle

Do you need wisdom and guidance? Do you wish you knew how to handle a difficult situation? Is it hard for you to make right decisions? If so, take hold of these words, dear friend, and repeat them often to yourself, saying firmly and quietly, both silently and aloud: *I will know*.



Tell yourself often, gently but persistently: *I will know*. A new calm will fill your mind and heart. You will touch a new depth within yourself that you did not know existed. You will find that you do know and that you know more than you thought! You will understand with greater clarity. You will comprehend with greater vision.

You were created to be a channel for God's infinite wisdom, and from God a boundless stream of knowledge flows through your thoughts and feelings. You can know everything you need to know, for God is within you. You can remember everything you need to remember, for God is the source of all remembrance.

Your wonderful mind has no limits because it is the creation of God. There is no boundary to your understanding, because God, your Creator, is universal understanding. You can understand anyone and anything by becoming quiet and receptive to the mind of God within you.

Some time ago when I needed to make an important decision, I repeatedly affirmed: *I will know*. These words helped me relax and trust the mind of God. They gave me assurance and led me into the new light and understanding that was needed in the situation. I knew what to say. I knew what to do. No one else could have sufficiently reassured me. I had to know within myself, and I did know.

Many times this is my only prayer: *I will know. Thank You, God. I will know.* Time after time these words calm my fears, strengthen my belief in myself as a child of God, and encourage a relaxed manner and attitude, enabling me to meet any challenging circumstance. They give blessed peace, serenity, and relief from anxiety.

You will find that these words: *I will know*, spoken lightly but persistently, work as a track of light within your mind for all other thoughts and feelings to follow. You will find it amazing the way answers come as they are needed. Necessary information will be available. You will be encouraged at the right moment. Steps you need to take will be revealed, and events will unfold in order.

--Continued on page three

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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: June 18 at 5:30 p.m. at Zen's, 9250 Watson Rd, 63126.

June 12: The Book of Joy: Lasting Happiness in a Changing World by Dali Lama and Desmond Tutu
July 10: Before We Were Yours by Lisa Wingate
August 14: Origins by Dan Brown
Sept 11: Killer Of The Flower Moon by David Grann
Oct 9: Kommandant's Girl by Pam Jenoff
Nov 13: A Higher Standard by Ann Dunworthy
Dec 11: This Time Together by Carol Burnett

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.

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!

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.

Horse Hooky: An Afternoon at the Races
Tuesday, June 19
Carpool leaving First Unity at 11:30 a.m.
Please sign up in the foyer.

Feed My People

Donations are often down for all food pantries during the summer months, and with children home from school, there are more mouths to feed, so your gifts of food are especially appreciated at this time of year. There is a table for donations provided in the bookstore.
www.feed-my-people.org

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

10 Week Class on Practical Metaphysics:
Sunday mornings at 9am beginning June 17

Planned Giving involves donations planned today which the church will receive at a later date. One of the simplest and most popular ways to make a gift to the church is through your will. However there are many options for planned giving such as: a charitable gift of life insurance, stock, IRA accounts, and real estate.

Planned gifts will help to build the financial stability of our church. Such gifts in the past have played a big role in the financial success of First Unity. You can contact the church office at 314-845-8540 for further details and help in your planning.

Note from your Wings editor

It is with deep regret that after more than 25 years of creating the Wings newsletter, this month will be my last. This has been my ministry and my joy for all these years, and I am sad to have to give it up. Both Rev. Randy and I have experienced some health challenges, so please keep us in your prayers. God bless all of you.

Email: fayeschmelig@Gmail.com

From Page One . . .

If you long to see a member of your family or a friend find a way out of difficulty, the strongest help you can offer is the simple affirmation: *You will know.* Say it silently. Say it aloud. No matter who it is—sister, brother, mother, father, child, grandchild, employer, or employee—you can count on the great truth that the mind of God is within those you would bless, and through this great mind of God, they will know.

Charles Fillmore stressed this truth when he wrote, "No matter how ignorant you may be of the world's ways or God's ways, if you will give your mind to the attention of the one Mind, you will in due season become wise."

Be still, and know. You will know exactly what to do and how to do it, for the mind of God is in you. Be still, and know, and you will handle all things with ease and grace, and with blessings for all. Be still, and know, and you will feel the peace, assurance, and quiet joy of realizing that your direction comes from the fount of all wisdom—God!

Life is an echo

A man and his young son were walking on a mountain trail when the boy tripped on a rock and twisted his ankle. "Ahhhhh!" he screamed in pain.

"Ahhhhh!" came a distant reply from the mountain.

The startled boy shouted back, "Who are you?"

"Who are you?" replied the voice from the mountain.

This made him angry, so he shouted, "You're a big coward!"

"You're a big coward!" was the reply.

The puzzled boy looked at his father and asked, "Dad, what's going on?"

"Son," the father replied, "listen to this." He then shouted, "I admire you!"

"I admire you!" answered the voice.

"You are wonderful!" shouted the dad.

And the voice replied, "You are wonderful!"

The father turned to his son and explained, "People call that an echo, but it's really life. Life always gives back to you what you give to it. Life is a mirror of all your actions. If you want to be loved, give love. If you want respect, give respect. If you want people to be patient with you, be patient with them. This rule of nature applies to every part of our lives."

Dad's Incredible!

Author Jim Wallis tells how his young son ends telephone conversations with him. "Daddy," the boy says, "I love you, I like you and you're incredible."

What makes an "incredible" father? It isn't as difficult as it might seem. Children, of course, aren't awed by the size of your paycheck, office or retirement account. Instead, it's the simple, everyday gestures that make you a No. 1 dad.

In Stories for the Family's Heart, Steve Stephens offers some sure-fire ways to be incredible in your kids' eyes:

• Play tic-tac-toe and hide-and-seek.
• Be consistent.
• Buy ice cream cones.
• Don't discipline in anger.
• Count stars together.
• Pray with (and for) your children.
• Hug and say "I love you" often.

"Quotable Quotes"

A father's words are like a thermostat that sets the temperature in the house.
—Paul Lewis

Untilled ground, however rich, will bring forth thistles and thorns; so also the mind of man.
—St. Teresa of Avila

Whatever you think, be sure it is what you think; whatever you want, be sure it is what you want; whatever you feel, be sure that it is what you feel.
—T.S. Eliot

The world is round, and the place which may seem like the end may also be the beginning.
—Ivy Baker Priest

Man wishes to be happy even when he lives as to make happiness impossible.
—St. Augustine of Hippo

The miracle is this — the more we share, the more we have.
—Leonard Nimoy

We must all work to make the world worthy of its children.
—Pablo Casals

Lord, make me see thy glory in every place.
—Michelangelo

The most important thing a father can do for his children is to love their mother.
—Theodore M. Hesburgh

I believe that nothing I deserve to be ashamed of will ever make me unacceptable to God.
—Lewis B. Smedes

Faith doesn't get you around trouble; it gets you through it.
—Anonymous

The Thirteen Commandments

By J. Sig Paulson

(This book was first published in 1964 by Unity.)

No Graven Image

The second commandment of God, as revealed by Moses, is this: "Thou shalt not make unto thee a graven image, nor any likeness *of any thing* that is in heaven above, or that is in the earth beneath, or that is in the water under the earth: thou shalt not bow down thyself unto them, nor serve them; for I Jehovah thy God am a jealous God, visiting the iniquity of the fathers upon the children, upon the third and upon the fourth generation of them that hate me, and showing loving kindness unto thousands of them that love me and keep my commandments. "

We might paraphrase this commandment in this way: "You shall entertain no false notions of My nature, because to do so will lead to idolatry." We are thinking now about the nature of God, the Spirit of all good throughout the universe; and as we have learned, these commandments set forth principles, or laws, by which we can let the Spirit of God, the Creator of the universe, operate in Our life.

Actually, there is only one commandment, the first one: "Thou shalt have no other gods before me." The other nine "commandments" are extensions of this one. There is one God-all good, all power, all wisdom, all strength, all love, all life, all joy; there are no other gods, and man shall not place any other gods before the true God. This applies to the universe as a whole, and to us as individuals. It has been said (rightly) that the first four commandments revealed through Moses relate to our duty to God, and the last six relate to our duty to our fellow men. However, until we have some concept of the nature of God, we do not really understand what the commandments are all about.

We have discovered that in the history of mankind, the concept of God has changed from generation to generation. It has unfolded; it has expanded. From a viewpoint that God is a great power for good, opposed by the devil or other evil forces, we have come gradually to a belief that there is only one power in the universe, God the good, and that the only thing that has (seemingly) opposed the nature of God is man's false belief.

In a general way, such a development in man's thinking is all to the good. However, the commandments are related to us specifically, as individuals. They are related to our own nature; and the great revelation is that our real nature is the nature of God, that the God we worship is our own God-self, or the nature of God within us. The Ten Commandments tell us how we can live in the realization of our divine nature, and how we can bring this divine nature into expression in our life Thank God that humanity has progressed to the point where we can stand up fearlessly, without fear of persecution, and declare that man is the son of God, that the Spirit of God lives within man! We have made that much progress, at least.

Specifically, the second commandment makes this clear: “You shall entertain no false concepts of the nature of God within you.” If you feel that you want some scriptural authority for this point of view you can find three good Biblical sources of such authority.

Moses put his realization of this truth into these words: "I AM that I AM." That is to say, "The reality of myself is the Spirit of God." Jesus Christ had a further revelation of the same great truth: "I and the Father are one." "The kingdom of God is within you." "I am the light of the world." "Ye are the light of the world."

Paul, writing in the New Testament, puts it in this manner: "Christ in you, your hope of glory." The reality, the true nature of every man and every woman, is God, pure and simple. There is no other god; there is no other power. There is nothing that is true about you, except that you are the nature of God, the Spirit of God coming into expression.

Now we are told that we shall have no other gods before us. We shall not make any idols or graven images; we shall have no other concept of ourselves except this one great truth-the Spirit of God in each one of us is his real self. Only as we accept this truth and begin to live in accordance with this understanding can we truly be said to be entering the kingdom of God, or experiencing the kingdom of heaven in our life.

Most of the Children of Israel had a very limited, erroneous concept of God; this was demonstrated when they made an idol, a golden calf. They took all their treasures and melted them down, just so they could make a golden idol to worship. They could not have done such a thing except for the fact that they were ignorant of the true nature of God. They thought of God as a powerful man, living on a mountain top, who talked to Moses. They decided that if God were up there, He certainly could not be down in their midst, so they made themselves a god that they could worship directly -

an idol, a golden calf.

We have progressed beyond that. At least, we do not melt down our earrings and our bracelets and make golden calves of them. But we do have many other "graven images": money, personal possessions, investments, social standing, institutions, comforts. How do we worship these things? By serving them, by struggling to attain them or to keep them, even by praying to God to get them.

We try to make God a means to an end, to prevail upon Him to bring us happiness or abundance or peace or strength. This is setting something before God, and when we attempt to do this we are breaking the second commandment, because of our ignorance of the true nature of God. God is the Spirit of wholeness that is within us. God is peace; God is supply; God is strength; God is life; God is joy.

God is the supply of the entire universe; He is also our individual supply. In our prayer time we should have only one purpose: to attain conscious oneness with God, because this consciousness, this awareness of our oneness with God, is our supply, our peace, our health.

When we try to get God to give us things, we are departing from this great Truth of the nature of God as the reality of our own being. We are breaking our connection with God. We are severing the link with the Truth of our being. What we are doing is trying to get God to give us something which we already have, complete within ourselves, as our own true nature.

Most of us can see that it is wrong (and it leads us into endless difficulties) to worship money and material things. But there is a more subtle significance to this commandment, and it is expressed in these words: "Thou shalt not make unto thee ... any likeness *of any thing* that is in heaven above [that is, in our mind], or on the earth beneath [that is, in the physical realm of expression], or that is in the water under the earth [that is, in our own emotional nature)." We must learn not to make any of our mental, physical, or emotional projects into images or false pictures or false gods. We must remember that God is, that we are the expression of His Spirit, and that many of the images and projects that we are working toward really destroy our connection with God because they cause us to forget our oneness with Him. That is not to say that these outer activities and projects are wrong in themselves-but they are wrong when we allow them to destroy our consciousness of oneness with God. Anything that disrupts our sense of oneness with God is a graven image, a false likeness.

All of us have had experiences such as this: We sit down to pray, or to read the Bible or some Truth literature, and we feel the presence of God. We know that God is the Presence, the Spirit within us. Then we go to our work, and in a matter of a few hours (or even minutes) we become caught up in the mental, emotional, and physical activities of the day. At first thought this would seem to be breaking the second commandment; actually, it illustrates the truth that we cannot break the commandment with impunity, because when we do so we lose our consciousness of the Spirit of God as the reality of our being.

We are told that Jehovah, our God, is "a jealous God." Many have erroneously accepted this as part of the concept of God as a superman, wandering around the universe and watching His children to make sure that they are doing what He tells them to do. However, the idea of God as a jealous God does fit in with our spiritual understanding of the nature of God.

God is jealous, in the sense that Truth is jealous. Truth is jealous of its own nature. Nothing false can stand in the presence of Truth. Truth does not punish anyone for trying to live a lie; living the lie is its own punishment. In the same sense, we can say that God is jealous of His own nature, His own integrity God is the integrity within our own soul; when we attempt to use God to accomplish things for us in an outer way, we violate the integrity of our own soul. We misunderstand God; we have a false concept (a graven image) of His nature.

When we realize that God is our real Self, we no longer pray to Him to do this or that or the other thing. We recognize the fact that our work is to let our real Self express itself. When we do this, we may enter into all kinds of projects, all kinds of activities, and still keep the second commandment.

The commandment's warning, "I Jehovah thy God am a jealous God, visiting the iniquity of the fathers upon the children, upon the third and upon the fourth generation of them that hate me, and showing loving kindness unto thousands of them that love me and keep my commandments," is a lesson in consciousness.

Those who try to break the commandment enter a state of iniquity, of separation from God, and will have to answer for it. This state of consciousness brings into being other states of consciousness. The state of consciousness we live in today is the child of the state of consciousness we lived in yesterday; the state of consciousness we live in tomorrow will be a descendant of the state of consciousness we are living in today. If in our present state of consciousness we are unaware of, or ignorant of, the true nature of

God as our real Self, we are going to manifest this ignorance, or lack of awareness, in continuing states of consciousness. This goes on from day to day, not only to the third and fourth generations but for many generations to come. It will continue until we break the succession by returning to the Spirit of God within.

When God speaks of "showing loving kindness unto thousands of them that love me and keep my commandments," this is not an evidence of divine favoritism. This is simply a statement of one of the great laws of the universe. Only as we return to the integrity within our own soul, and learn to love our real Self as the Spirit of God, can our real nature show forth.

In faith, let us recognize the truth of the nature of God and ourselves. We accomplish nothing by trying to argue ourselves into it. These great truths are presented to us-and Truth never argues. The Truth *is;* we can accept it or reject it; there is nothing to be gained by arguing about it.

The truth (according to the best revelation of the great minds of all times) is that there is one Power at work in this universe. Its nature is all good; there is no power to oppose the expression of its perfect nature, other than the false beliefs and concepts of man. This universal Spirit of good is resident within each man, each woman, each boy, each girl. Our true nature is divine; it is the Spirit of God within each one of us.

Let us faithfully accept the truth that God is the integrity of our own soul. God is the eternal Spirit of all good, which is the Truth of our own nature. Having accepted this truth, we do not make any graven images. We do not worship any images in an outer sense; we do not allow mental or emotional concepts to interfere with our sense of oneness with God. We do not accept any belief about the nature of God or of ourselves that opposes this great truth. We do not entertain any false notions about the nature of God or about our own divine nature. We will not depart from this consciousness; we will let our real Self, the Spirit of God within, express itself through our thoughts, our feelings, our words, our actions, our response to life.

Because God is our true Self, we need never pray to Him again to do anything for us in an outer way. Our work is to remain at one with this true Self, to let it express itself; to let it be the impulse that begins and fulfills our thinking, our feeling, our words, and our actions; to let it be the substance and the supply of our minds, our bodies, our businesses, our activities ... to let it be the end of each prayer, and not a means to an end.

ACTION AFFIRMATION

There is one God. I make no graven images and no mental images. I do not try to use God as a means to ends of my own choosing.

J. Sig Paulson became a Unity minister after a successful career in business. He was minister of Unity Christ Church in St. Louis and Unity in New York City before going to Unity's International Headquarters as director of the Unity Field Department and later the Department of World Unity.

He was a world traveler, author, and lecturer. He served for 16 years as minister of Unity Village Chapel. In 1978 he became co-minister with his wife, Jane, at Unity's Golden Pyramid of Light in Houston, Texas.

Mr. Paulson was the author of several books and hundreds of articles for newspapers, periodicals, and magazines all over the world. He lectured throughout the United States, the European continent, Africa, the West Indies, South America, Australia, New Zealand, Britain, and Canada.

Blessing for a Child of God
By Elizabeth Landeweer

You shall have silver
And you shall have gold—
Shimmer of moonlight
And sunlight to hold.
You shall lack nothing
On this earth below,
And shall be prospered
Wherever you go.
You shall be healthy
Through all of your days,
And shall be strengthened
In wonderful ways.
All things shall bless you
And work for your good.
You shall inherit,
Through God's Fatherhood,
Love's many mansions
Eternally bright,
And forever shall dwell
A child of the light!

June 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 *Choir Rehearsal, 4PM*	*2*
3 *Sunday Services, 10:30AM* *Youth Ed, 10:30AM*	*4*	*5* *Knitting/Crochet, 11AM*	*6* *A.A. Men's Group, 10AM* *Jazz Concert & Dinner, 6PM* *C.A., 7PM*	*7* *Ukulele Practice, 7PM*	*8* *Choir Rehearsal, 4PM*	*9* *Community Room Project, 9AM*
10 *Sunday Services, 10:30AM* *Youth Ed, 10:30AM*	*11* *Prayer Chaplain Meeting*	*12* *Book Club, **The Book of Joy**, by Dali Lama & Desmond Tutu at Bread Co. at 2PM*	*13* *A.A. Men's Group, 10AM* *C.A., 7PM*	*14*	*15* *Choir Rehearsal, 4PM*	*16*
17 *Practical Metaphysics Class, 9AM* *Sunday Services, 10:30AM* *Youth Ed, 10:30AM* *Promotion Ministry Meeting*	*18* *Ladies' Night Out, 5:30PM at Zen's, 9250 Watson Rd, 63126*	*19* *Knitting/Crochet, 11AM* *An Afternoon at the Races: Horse Hooky, 11:30AM*	*20* *A.A. Men's Group, 10AM* *C.A., 7PM* *Hospitality Mtg, 6PM* *Board Mtg, 7PM*	*21* *Third Thursday Quilters, 10AM* *Ukulele Practice, 7PM*	*22* *Choir Rehearsal, 4PM*	*23*
24 *Practical Metaphysics Class, 9AM* *Sunday Services, 10:30AM* *Youth Ed, 10:30AM*	*25*	*26*	*27* *A.A. Men's Group, 10AM* *C.A., 7PM*	*28*	*29* *Choir Rehearsal, 4PM*	*30*

Wings

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

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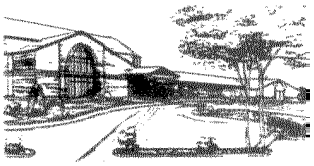

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The light side - Jokes that can be told in church

After crawling into Grandpa's lap, little Freddie asked, "Were you in the ark with Noah, Grandpa?"

The grandfather chuckled, "Why, no, Son, I wasn't."

The youngster persisted, "Then why weren't you drowned?"

A father asked his 7-year-old son to say the mealtime prayer. "All right," the boy said. "Let's pray."

When every head was bowed, the boy prayed, "Lord, we thank you for the pancakes we're going to eat tonight. Amen."

"Jimmy," his mother said. "I think you should know we're having chicken, not pancakes, tonight."

"I know," Jimmy answered. "I just wanted to see if God was paying attention."

A little girl attending her first wedding was impressed with the lovely white gown the bride was wearing. After a while, she whispered to her mother, "Why is the bride dressed in white?"

Bending down and whispering softly in the child's ear, she answered, "Because white is the color of happiness."

The child then glanced over at the groom and the groomsmen in their black tuxedos. She whispered again, "Mom, why is the groom dressed in black? Shouldn't he be happy, too?"

A Sunday school teacher was telling the story of the Good Samaritan. In graphic detail she described how the assaulted man was left helpless beside the road. Then she asked the class, "If you came upon a wounded man lying by the road and he had blood all over him, what would you do?"

A dainty girl spoke first, "I think," she said with a wince, "that I'd probably throw up."

The marriage ceremony was over and the pastor raised his hand to pronounce the benediction. The bride, however, must have thought he was offering her a "high five." She raised her hand and slapped the pastor's hand. The congregation laughed. Not wanting to leave the groom out, the minister gave him a high five as well. Then the pastor finally offered the benediction.