

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

January, 2018

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

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Our Resolutions

By Charles Fillmore

Out of the sordid, the base, the untrue, Into
the noble, the pure, and the new; Out of all
darkness and sadness and sin, Spiritual
harmonies to win.

This is our resolution

Out of all discord, toil, and strife, Into
a calm and perfect life;
Out of all hatred and jealous fear, Into
love's cloudless atmosphere.

This is our resolution.

Out of the narrow and cramping creeds, Into
a service of loving deeds;
Out of a separate, limited plan,
Into the brotherhood of man.

This is our resolution.

Out of our weakness to conscious power,
Wisdom and strength for every hour; Out of
our doubt and sore dismay,
Into the faith for which we pray.

This is our resolution.

Out of the bondage of sickness and pain, Out
of poverty's galling chain;
Into the freedom of perfect health,
Into the blessings of endless wealth.

This is our resolution.

Out of this fleeting mortal breath,
Out of the valley and shadow of death; Into
the light of the perfect way,
Into the freedom of endless day.

This is our resolution.

Out of the finite sense of things, Into the
joy the infinite brings; Out of the limits of
time and space, Into the boundless life of the
race.

This is our resolution.

Traveling On

By Betty Wallace Scott

For the journey into the unknown year

I've packed my surplus Christmas cheer,

Made fresh resolve to supplement

Those good intentions yet unspent.

I've dropped the baggage that I found

Too wearisome to drag around

Regrets, resentments-not my style

If I would travel with a smile.

Accomplishments and friendships wait

Beyond the New Year's open gate.



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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: January 15 at 530pm at Pad Thai, 12676 Lamplighter Square, 63128.



January 9: Running from Safety by Richard Bach

February 13: Woman of God by James Paterson

March 13: Wonder by R. J. Palacio

(This may be hard to find. We may have to buy.)

April 10: The Last Days of Night by Graham Moore

eScrip News – Remember to use your eScrip card at Schnuck's. Go to www.escrip.com, or look for the link on the First Unity website to earn money for First Unity as you shop. Thank you!

Youth Education



Calling all kids to join our incredible Sunday School Classes. Also we welcome extra adult hands. If you could help just one Sunday a month, it would make a difference.

Stop by Our **Lending Library** and check out an inspirational title from among a wide selection of books written by some of Unity's greatest authors.



Feed My People In this Christmas season your donations to Feed My People are especially appreciated. You can be Santa to make Christmas a little happier for individuals and families this year
www.feed-my-people.org



“SOUPER SUNDAY”-Join us on January 7 immediately after The White Stone Ceremony and Sunday Service. Soup will be provided. Please sign up if you would like to bring breads or dessert.

New Class

Anne Hartupee, Licensed Unity Teacher candidate, will be offering a 5-week class on the book *The Five Principles* by Rev. Ellen Debenport. Class will begin on Tuesday, January 9th from 7:00-9:00 p.m. in the old sanctuary.

This course is an exploration of Unity's five spiritual principles. It will offer an intelligent, accessible, probing explanation of the essential teachings of the Unity movement founded in 1889 by Charles and Myrtle Fillmore. The author encourages every reader to explore and apply the five principles to his/her life. *The Five Principles* promises to inspire its readers and to become the starting point for fascinating and illuminating discussions.

Books will be available in our bookstore for a cost of \$12.95. This class will not be offered for credit.

Pancake Breakfast:

We will be having a pancake breakfast on February 11 following service. Bring someone you love to join us!

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!

January Affirmations



Inner Peace: Peace fills me as I center myself in divine love.

Guidance: I walk in faith, guided by my inner light.

Healing: The healing

power of God flows through my body. I am whole.

Prosperity: I am open and receptive to infinite abundance.

World Peace: I hold a vision of peace for the entire world.

Resolve to “be there”

Let our New Year’s resolution be this: We will be there for one another as fellow members of humanity, in the finest sense of the word.

A Penguin “Parable”

During storms, emperor penguins huddle for warmth, taking turns at the center and on the perimeter of the group. While incubating eggs, up to 6,000 male penguins have been observed clustering for shelter against the harsh Antarctic winter. Partially grown chicks gather in protective “crèches” (French for “cribs”); often surrounded by a colony of adults, these groupings ward off predators and cold.

In stormy times, humans also need supportive groups; we can’t survive alone. A church family allows us to take turns giving and receiving care. Amid social upheaval, injustice, illness, natural disaster and any loss or crisis, God invites us to gather for protection and warmth. In the church community, we support and strengthen one another and are empowered to go out again into the less-sheltered world. A winning pattern for the New Year.

Some anonymous wise person penned the following directions for living without bringing pain to others or oneself:

“You will never be sorry — for thinking before acting, for hearing before judging, for forgiving your enemies, for being candid and frank, for helping a fallen brother, for being honest in business, for thinking before speaking, for being loyal to God and the church, for standing by your principles, for refusing to participate in gossip, for holding your words when tempted to demean another, for not entertaining impure or hateful thoughts, for sympathizing with

the afflicted, for being courteous and kind to all.”

When the New Year begins for us

In 46 B.C., Roman emperor Julius Caesar first chose January 1 as the date of the new year. Six hundred years later, the Roman church proclaimed that the new year would henceforth be March 25, the date of the Feast of the Annunciation (when the angel spoke to Mary).

March 25 was the accepted New Year’s Day for almost 1,000 years. In 1582, Pope Gregory XIII moved it back to January 1.

Clues to aging well

Whether or not we like it, “the days dwindle down to a precious few,” as an old song puts it. We’re aging daily and hourly. “The Moving Finger writes; and, having writ, moves on ...”

The question, sooner or later, is: How do we best handle the aging process?

It begins with keeping a healthy spirit. The body ages, but our spirits can remain vibrantly alive. We can keep spiritually alert by carrying on a conversation with God, truly listening more than talking. We can strengthen our spiritual life by attending worship services and reading the works of people who lived close to God, such as Mother Teresa, E. Stanley Jones, Dietrich Bonhoeffer and others.

Keeping one’s body in tune through exercise and diet are also keys to aging well. But just as important are fellowship with others, working on interesting projects, engaging in family activities, learning something new and traveling.

Most importantly, remember that you’re never too old to grow in love for others. After all, St. Paul tells us that love “bears all things, believes all things, hopes

all things, endures all things. Love never ends” (1 Corinthians 13:7-8, NRSV).

Wise words

Want to provoke a warm response from others? Look in people’s eyes and smile sincerely.

Faith isn’t meant to be kept to oneself. It simply has to be shared in non-threatening ways and shown in loving actions.

Peace must begin within ourselves. Anger only provokes anger in others. We cannot make enough of the virtue of trust. If we cannot be trusted, of what value are we?

Affirmations from Daily Word

I am the creator of my life’s path.

Divine purpose inspires me to have confidence and courage.

Living in peace brings harmony to my life.

My abundance is unlimited.

With an open mind and heart, I welcome new opportunities into my life.

I know what is right and best for me.

I am a creator of miracles, moment by moment, choice by choice.

I have peace of mind and soul.

I am confident in my spiritual growth.

Joy sings in me.

Forgiveness is divine love expressing through me.

All is well because all is God.

I view the world with childlike wonder.

The new year is full of promise. Our health, our prosperity, our whole life will be a positive future if we can see

How to Stop Putting New Wine Into Old Wineskins

New Results Don't Come From Old Behaviors

By Wayne Manning

Jesus constantly challenged religious practices gone stale, their original meaning long forgotten and now become simply public ritual. He warned, "Beware of practicing your piety before others in order to be seen by them" (Mt. 6:1).

One day He was confronted with the question of fasting. The disciples of John the Baptist and the Pharisees fasted. Jesus' disciples did not. People asked Him why. Jesus took this opportunity to speak about what it means to really change from a consciousness of living by public ritual to a consciousness of authentic spiritual life.

When asked why, Jesus made several mysterious responses, among them, "No one puts new wine into old wineskins; otherwise, the wine will burst the skins, and the wine is lost, and so are the skins; but one puts new wine into fresh wineskins" (Mk. 2:22).

Fasting, of course, is not the issue that Jesus is addressing. It can be a beneficial, healthful practice, and I'm certain Jesus would have agreed. But, as a ritualistic religious practice, it belonged to the old paradigm that Jesus was trying to break through. In effect, He and His disciples were saying by their words and actions: "You can't put new ideas into old mind-sets. You can't get new results with old behaviors."

The comparison is a very apt one when we think of the properties of wine and wineskins. When wine is new, it is in a state of fermentation. It bubbles and expands as the fermentation gases are released. A fresh, pliable wineskin can absorb such expansion and slowly age with the wine until the fermentation process is complete.

To put fresh wine into an old wineskin, however, is asking for trouble. The old wineskin has assumed a definite shape and is no longer pliable. It is fixed and somewhat brittle. The activity of new wine will stress it beyond its ability to yield. And so both the wine and the skin are lost. We can't put new ideas into old mind-sets. We can't get new results with old behaviors.

Those New Year's Resolutions

The ending of an old year and the beginning of a new one is a fitting time to work with this idea. It is a time of reflection for us, a time to take stock to evaluate where we are and to embrace new directions. Our classic new year's activity is to make resolutions. We articulate the changes we want to make in the new year. And most seem to last about twenty minutes, don't they? So much so that "breaking a new year's tradition" is proverbial. We often seem to effect little lasting change with our resolutions.

Is it that we lack willpower? Confidence? Faith? We often think so, and then we get further down on ourselves for our failure to carry out the resolution. But what if it is more a matter of an old mind-set or old behavior that doesn't fit the new resolution? It might not be that our faith is weak, our confidence low, or our willpower insufficient, but that our understanding is limited and stuck in an old paradigm.

Breaking the Habit of Old Behaviors

For example, one of the most common resolutions, and one that gets broken most often, has to do with weight control. We vow to go on a post holiday diet, and we often do get temporary results, only to find ourselves replacing the lost pounds with new ones, along with the defeated feeling that comes with the broken resolution.

With the exception of weight problems that are not related to diet, what most of us fail to do is address permanent changes in our eating habits. Trying to put the new wine of a trimmer body into the old wineskin of established and ingrained poor eating patterns cannot bring lasting results. Habits unchecked are stronger than conscious willpower every time. Only when we fully understand what is really going on at the level of unconscious behavior can we take control and bring willpower to bear.

How many times have we said something like "I'm tired of procrastinating. Beginning tomorrow I'm not putting things off any longer." And we try! But somehow tomorrow never quite comes, and we find ourselves still engaged in the same delaying behaviors as before.

How about, "I resolve that this new year will be my most prosperous and rewarding year ever." As the year unfolds, it's like preceding years: not much really dramatic happens in terms of rewarding prosperity demonstrations. Chances are we are still holding on to some old wineskin ideas concerning our true source of abundance. We haven't fully bought in to the concept of giving and receiving. We understand the concept with our minds, but we haven't integrated it yet into our behavior.

We can't put new ideas into old mind-sets. We can't get new results

with old behaviors. So how do we get these new wineskins-these new minds out of which our new life will emerge? One way is by learning and putting to work the "Three Rs"-not our old noun friends "Readin', Writin', and 'Rithrnatric," but three strong verbs, "Repent, Replace, and Relax."

The Essence of Repentance

The core of Jesus' message is found in Mark 1:15: "The time is fulfilled, and the kingdom of God has come near; repent, and believe in the good news." Repent, as used here, means so much more than being conscience-stricken or contrite. The underlying Greek word is a form of *metanoia*, which means to undergo a fundamental change in one's mind or character. Simply put, to repent in this context is to change one's thinking. Shift paradigms.

Good results are good effects. Good effects are brought about by good causes. So we must engage life at the level of cause if we want true change. This is the heart of the new paradigm, and we must change our thinking from the old wineskin of working only outside of us to effect change to the new, fresh wineskin of inner work in the realm of cause.

Paul grasped this well. To his friends in Rome, he said, "Do not be conformed to this world, but be transformed by the renewing of your minds" (Rom. 12:2). And to those in Philippi, "Let the same mind be in you that was in Christ Jesus" (Phil. 2:5).

The way Jesus saw the world is crucial to understanding and living in the new paradigm, the new wineskin. Do we want prosperity? We can adopt the Jesus mind-set of an opulent universe. The old wineskin says that the harvest comes only at a certain time and in a certain way. The new wineskin of the Christ mind says, "But I tell you, look around you, and see how the fields are ripe for harvesting"

(In. 4:35) and "give, and it will be given to you. A good measure, pressed down, shaken together, running over, will be put into your lap" (Lk. 6:38). The old paradigm says, "Yeah, I'll believe it when I see it!" The new paradigm says, "Ah, you'll see it when you believe it!"

The essence of repentance is letting go of old, limited ideas and investing our belief in new, expansive ideas. For example, we, you and I, are creating our future selves right now. No matter how old we are in this moment, we are creating our even older person. What kind of an older person do we want to be? The old wineskin says that we get older and older until we retire and expire. I would rather repent from that thought. I'm with Bill Cosby, who used to say in one of his routines something like this: "I'm creating my old person now. I laugh and keep a sense of joy and adventure. That's the kind of old person I want to be."

Replacing Old Patterns

Now let's do some replacing, our second 'R'. We replace the old mind-set or concept or behavior with a new one. Unity's method of affirmative prayer can be very helpful here. We construct meaningful affirmations that keep our conscious mind interested and entertained and then we practice them repetitively so that our subconscious mind is impressed with the change.

Here is a beginning affirmation: *1 am the product of a certain set of concepts and behaviors.* Just realizing this helps us identify those concepts and behaviors and establishes what needs to be changed.

Help is available all around us-a trusted counselor, a doctor, or an expert in whatever the relevant field might be. If we want to work on weight control,

we might consult a dietitian and then remember to relabel the product. We won't call it a diet, which sounds and feels temporary, but a lifestyle change, which connotes permanence. Then start replacing the old lifestyle: *My meals are healthy and balanced, and my exercise is sufficient. I am trimmer and fitter now.* Make sure that the two conditions in the affirmations are true, that your meals are healthy and balanced and that you are getting enough exercise. We can't kid ourselves here. Such an affirmation keeps us conscious of our goal, and practice and repetition make it a habit.

As we replace old patterns with new ones and use them, not as temporary measures but as permanent changes, we become transformed. Our repentance takes on visibility.

Relaxing: Giving It the Light Touch

And now the third 'R', and just as important as the first two ... relax. Let the process work. Relaxing doesn't mean going back to the old patterns. It means not worrying or straining for results. Don't establish unrealistic time frames. It took us awhile to get this way, and it will take awhile for changes to fully materialize. Relaxing means to give things the light touch. It means not condemning the old concepts and behaviors. Just let them go. They have served their purpose of bringing us to this present moment. Relax and know that God is in charge.

Talk to your body and give it instructions to relax, beginning with the toes and working upward or with the scalp and working down. The sequence doesn't really matter, just as long as you relax. A regular period of time set aside for the purpose of relaxing can be of inestimable value for our bodies and our minds. As we learn to

relax, the learning spills over into our general attitude until we have developed a new mind-set of ease and poise.

Prayer: Tapping the Source of Guidance and Energy

It is always a good idea to surround the whole process of repenting, replacing, and relaxing with prayer. Spend time in the silence with the Lord of your being, your source of guidance and energy. This is perhaps the greatest benefit of learning to fully relax. In the deep silence, you may tap into that vast, inexhaustible source of universal energy and become fully empowered to change your thinking and to begin replacing old, limited patterns of living with new, vital ones. You can change your thinking now from the old to the new, from the impossible to the possible, from the limited to the unlimited.

Here are some bold thoughts for your new future:

*I am transformed by the
renewing of my mind. I
have the mind in me that is
also in Christ Jesus.*

*I lovingly release all old,
unproductive thoughts and
feelings and let them go.*

*I change my thinking now from lack
to plenty, from illness to
health, from the old me to
the new me.*

*I joyfully welcome new ideas from
the Christ mind in me, and
I am transformed.*

As the great, old Unity song says, "Wonderful, wonderful, fortunate you, this is the year that your dreams come true!"

Change

By Philip White

Change comes as an enemy only to those who have lost the art of accepting it as a friend.

-Tagore

A few years ago my spouse took me to Cleveland to show me her old neighborhood and the house in which her family used to live. Our enthusiasm for this adventure was high as we turned onto the street that had once been her connection to the rest of the world. But in a few moments she was jolted by the discovery that the place of her girlhood in Cleveland was now located directly under the new freeway. Several days passed, and she recovered her equilibrium and her perspective. Then she quipped, "They didn't ask *me* if they could build a freeway through *my* house!"

It was one thing to be deprived of the chance to involve me in a little bit of her early history. That's disappointment. But when our world begins to change, there is that sinking feeling that the solid foundation of our own reality may not be so solid. We suspect that we may not be in control of our lives in the same way we had thought. Our world is on the move.

The fact is that nothing stays the same, not even us. From neighborhoods to neighbors, to jobs, to politics, to governments, change is ever with us. From children to young adults, to adults, to elders, we are ever transformed. Life sprouts, flourishes, blooms, and then passes on to a new expression of itself.

Change should not amaze us then, but it does. Yet, if change had never happened at all, we would not be here to notice. There would have been no Paul to say, "Be transformed by the renewal of your mind" (Rom. 12:2). It turns out that change is built into the cosmos like leaven in bread. This transformative nature of the universe is a divine strategy designed to develop the best that is in us.

The way to deal with change, then, is to expect it. Transformation is meant to become a natural part of one's identity. People who have achieved this awareness will sometimes speak of themselves as

being "on the path." They see life, as Emerson put it, as "a progress, not a station." Charles Fillmore observed, "We find that Christianity is surprisingly progressive. Our religion is constantly unfolding new possibilities, new powers, and new beauties; we are on the way to a great outpouring of spiritual development." This view creates in us a consciousness in which change becomes a main part of life's adventure.

There are really only two kinds of change: the kind we make and the kind circumstances force us to make. Some think that the crucifixion was a change forced on Jesus. But a fair reading of The Gospels reveals Jesus preparing Himself and His disciples for such a change. His is a life of initiative, centered in following the guidance of God. Transformation was simply part of the territory.

Jesus faced the fear of change and conquered it. You don't find Jesus saying, "Help me Lord, but don't make me change my thinking." Instead, He insisted that spiritual development meant reaching for the next step in consciousness.

The great spiritual issue is readiness. According to Jesus, readiness means traveling light and being conscious of the presence of God in the midst of change. He said, "Do not lay up for yourselves treasures on earth, where moth and rust consume and where thieves break in and steal, but lay up for yourselves treasures in heaven, where neither moth nor rust consumes and where thieves do not break in and steal" (Mt. 6:19-20). Why? Because when our minds are free we are ready to answer the call of change when it comes.

Freeing our mind is the spiritual equivalent of getting down to our "fighting weight." That is why it feels so good to clean out our closets, or our garages, or give long-unused clothing to those who need it. The business community calls it getting "lean and mean." The joy is that we are equipping ourselves to meet change victoriously and to say with the Nazarene, "I lay down my life, that I may take it again" (In. 10:17).

January 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<i>1</i> <i>New Year's Day</i>	<i>2</i> <i>Wings Production Day</i>	<i>3</i> <i>A.A. Men's Group, 10 AM</i> <i>CA, 7PM</i>	<i>4</i> <i>Ukulele Practice, 7PM</i>	<i>5</i> <i>Choir Rehearsal, 4PM</i>	<i>6</i>
<i>7</i> <i>Sunday Services, 10:30 AM</i> <i>Youth Ed, 10:30 AM</i> <i>White Stone Ceremony & Souper Sunday</i>	<i>8</i> <i>Prayer Chaplain Meeting</i>	<i>9</i> <i>Book Club, Running From Safety, by Richard Bach at Bread Co. at 2PM</i> <i>The Five Principles Class, 7pm</i>	<i>10</i> <i>A.A. Men's Group, 10 AM</i> <i>CA, 7PM</i>	<i>11</i>	<i>12</i> <i>Choir Rehearsal, 4PM</i>	<i>13</i>
<i>14</i> <i>Sunday Services, 10:30 AM</i> <i>Youth Ed, 10:30 AM</i>	<i>15</i> <i>Ladies' Night Out, 530 PM at Pad Thai, 12676 Lamplighter Square, 63128</i>	<i>16</i> <i>Crochet/Knitting Class, 11AM-1PM</i> <i>The Five Principles Class, 7pm</i>	<i>17</i> <i>A.A. Men's Group, 10 AM</i> <i>CA, 7PM</i> <i>Planning Mtg, 6PM</i> <i>Board Mtg, 7PM</i>	<i>18</i> <i>Third Thursday Quilters, 10AM</i> <i>Ukulele Practice, 7PM</i>	<i>19</i> <i>Choir Rehearsal, 4PM</i>	<i>20</i>
<i>21</i> <i>Sunday Services, 10:30 AM</i> <i>Youth Ed, 10:30 AM</i>	<i>22</i>	<i>23</i> <i>The Five Principles Class, 7pm</i>	<i>24</i> <i>A.A. Men's Group, 10 AM</i> <i>CA, 7PM</i>	<i>25</i>	<i>26</i> <i>Choir Rehearsal, 4PM</i>	<i>27</i>
<i>28</i> <i>Sunday Services, 10:30 AM</i> <i>Youth Ed, 10:30 AM</i>	<i>29</i>	<i>30</i> <i>Wings Production Day</i> <i>Crochet/Knitting Class, 11AM-1PM</i> <i>The Five Principles Class, 7pm</i>	<i>31</i> <i>A.A. Men's Group, 10 AM</i> <i>CA, 7PM</i>			

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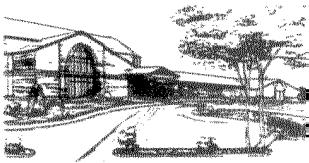
THE JANUARY 2018 NEWSLETTER OF
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The light side -- A little holy humor

A few more really bad jokes:

What do you call a fish with no eyes? A fsh.

Two fish swim into a concrete wall. The one turns to the other and says Dam!"

Two Eskimos sitting in a kayak were chilly, so they lit a fire in the craft. Unsurprisingly it sank, proving once again that you can't have your kayak and heat it too.

A group of chess enthusiasts checked into a hotel and were standing in the lobby discussing

their recent tournament victories. After about an hour, the manager came out of the office and asked them to disperse. "But why," they asked, as they moved off. "Because," he said, "I can't stand chess-nuts boasting in an open foyer."

Two peanuts walk into a bar, and one was a salted.

Mahatma Gandhi, as you know, walked barefoot most of the time, which produced an impressive set of calluses on his feet. He also ate very little, which made him rather frail and

with his odd diet, he suffered from bad breath. This made him. (Oh, man, this is so bad, it's good...) A super calloused fragile mystic hexed by halitosis.

And finally, there was the person who sent twenty different puns to his friends, with the hope that at least ten of the puns would make them laugh. No pun in ten did!