

The United Life Messenger

Enlightenment for Successful Living in the 21st Century

Volume 19, Number 2

February 2015

United Life Center for Spiritual Living
Oklahoma City



*A Member of Centers for Spiritual Living®
Joyfully Expressing Spirit*

Celebration Service

10:30 am each Sunday

FEB 1 The State of the Kingdom

Even a map is useless if you don't know where you are!

FEB 8 Living Will or AGENDA?

Come alive or continue to plan for your transition? Make up your mind now!

FEB 15 Double Down on Love or Get in the Chariot

How sweet it is to love wastefully & watch that chariot fly!

FEB 22 Praise or Prattle?

Your words have meaning and power... -Choose yours wisely right now!



We know that you and yours receive all the Love you deserve during this month and beyond!

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*An evening course! **Metaphysical Bible Interpretation** (sign-up sheet on bulletin board—blue paper), is now open. The tentative time for the class is Tuesday, 6 or 6:30 pm to 9 or 9:30 pm.*

The time will be determined by the students that sign up.

CONTINUOUS SPIRITUAL EXPANSION IS MY HIGHEST GOOD.

The United Life Messenger

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Spiritual Living—OKC

**We're available
via email.**
Just let us know you'd like
to be added to the email
list!

Join our Google Group!

For more info:
email Nina W-VZ:
wvzarts@gmail.com

Share your nurturing spirit in the United Life Community Garden

We're gearing up for SPRING... Contact Rick Wicker: 395-7191

Join us most Saturdays for a Gardening Party!

(or help whenever your schedule allows)

Discussion Group
Sundays, 9am
Open to everyone
Jump in anytime!

**Practitioner and Ministerial
Advisory Council Dinner**
Friday, Feb 20, 6 pm
(offsite)

Bookstore at ULSC

We have many great titles, plus
incense, incense holders and oils!

Stop by for inspiration!

ULSC Healing Room

The Healing Room is available for healers of
every kind, on a love offering basis!

To reserve the room,
call the office (946-6753)



Steve Sisco
Member

Say So Corner... Demonstrations from our Congregation

Most recently, my demonstration of the principles we teach is my current condition.

For the three years or so leading up to summer 2014, I was in decline, looking ten years older than I am, 65. I was becoming shriveled and weak, losing potential. I had a choice: accept this seemingly normal, though early, decline into old age and eventual death; or reject all that. I rejected all that and began a summer of rejuvenation. I will leave out the happy and fun details and get to the point. I realized by observation, deduction and research online what my problem was and took proactive steps to change the conclusions of my life. I am getting medical treatment, healing, getting stronger again, and my already positive outlook on my life has brightened. Even my fall, and resulting hip fracture, was minimalized because of my healing and strengthening trend; as well as the love and support of my church family. Thank you all.

The even larger demonstration is that I have gained a better understanding of constant prayer and gratitude, and discovered just how rich and prosperous I am. This all culminates in knowing that God is All.

Leadership Council Communiqué

Dear Friends in Spirit,

We are sorry to see Ray leave the LC, but as he said, "he has not gone away" He continues to do the things he has always done such as building maintenance, Sunday service announcements, buying sweet rolls for Sunday mornings, taking out the garbage, serving on committees, bringing food for events, helping our members, turning on the heat on Sunday mornings and helping out wherever he can. But, the LC will miss his leadership, spirituality, calmness, sense of humor and knowledge. He has guided the ship that is our Center for the last two years, amid many turbulent seas, and the church has indeed traveled a long way with him at the helm.

Though we've lost Ray, we now have two newly elected LC members: Deanie Wright, Vice President, and Anna Otto. Deanie is a former LC President and long time member. Anna is a 20-year member who was inspired by Mary Grimes' dedication and leadership. We now have a total of six board members, plus our spiritual leader, Bill Ward. The other LC members include Bob Williams, Treasurer, David Ackley, Secretary, Chris Van Zant, Trustee and myself, President; at the first meeting of the new LC, we elected the officers for this year. At our February meeting we will decide the heads of the various ministries. With only six board members, there will not be enough leaders to fill all the positions. We will definitely need more help to serve on the standing committees such as Education, Stewardship and Hospitality, as well as other committees like Ecumenical, Strategic Planning, Building & Grounds and Communication, that are now inactive. Please consider what

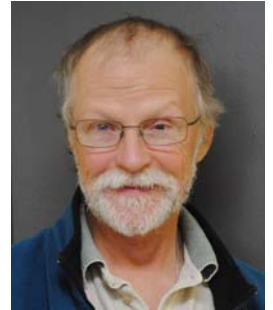
you can do to help keep this ship running at full sail. More on this idea of volunteerism in later articles.

This is going to be an exciting year. Not only have we changed our name to United Life Center for Spiritual Living Oklahoma City, but Bill has planned a full slate of classes. Currently he is teaching two sessions of *Metaphysical Bible Interpretation* with plans for at least three more classes this year. Be sure to tell Bill or Jan which courses you are interested in. And by the way, we are happy that Jan has agreed to stay on as our administrator. Chris Van Zant has been working to upgrade and modernize our audio/visual and lighting in the sanctuary. Our library has been inventoried, organized and book summaries have been written by Push and James. Mary Strasner has taken the reigns for youth education and Sunday School. Glen Wicker has completely revised our website and has agreed to stay on as our web master. Dear to my own heart, the community garden will grow again another year and better than ever, producing organic, nutritious and delicious vegetables. I have surely left out many names of people who regularly contribute to the spiritual welfare and abundant life of this church. Keep it up everybody!

Most of all I am thankful for our spiritual captain and CEO, Bill Ward. Our reuniting with Bill, after almost thirty years of separation, has been most fortuitous. Even though we lock horns occasionally, it has been a real pleasure working with him. I look forward to being a part of the transformation and growth of this church, as spearheaded by Bill Ward.

Blessings,

~Rick



Rick Wicker
Leadership Council
President

TONING CIRCLE

The singing bowl Toning and Meditation Circle continues to meet

Creative Spirits

We meet each 2nd & 4th Saturday @ Christine Baldwin's house. Please call her at: 943-4426 for directions.





Dr SuZ Ogden
Music Director

From The Desk of Dr. SuZ

"The greater danger for most of us is not that our aim is too high and we miss it, but that it is too low and we reach it." ~Michelangelo

Dear Friends,

As many of you know I started this year with my ankle broken, my leg in a boot and moving on crutches. I am blessed that no surgery was involved—no plates or screws in my leg—and it seems to be healing really well. It has slowed me down a lot though. I think next year at this time I will just make a conscious decision to take the time off and be still. It has been great to immerse myself in spiritual practice and do things differently.

I had the opportunity to ask myself about my present life. Have I been setting my goals too low and reaching them and then coasting on their accomplishments? Have I been reaching past that place of safe and secure so I can live more than a slightly unfulfilling life?

I read a story about how this approach to life is like the duck pond game at a carnival. Every duck in the pond is a winner but the prizes are all pretty crappy. Do we want to have the guarantee of obtaining a prize, any prize, or would we rather go for the giant stuffed animal in the difficult game?

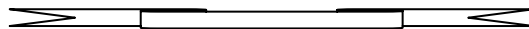
It is a tough choice but my goals have been reset to quit settling for the mediocre toy. I may fail at reaching some of my goals but I know I

am heading in a new and improved, exciting direction.


Take a look with me at where you are aiming. Examine your targets for your personal and professional life. This is the month of February, known as the month of love. Make sure you are loving yourself enough as we move forward into this year. If it did not start out the way you intended, this is a great time to begin again.

Keep a positive song in your heart and sing it every day!

~Rev Dr SuZ



New

 **Choir Members Welcome!**

CHOIR PRACTICE

Our own **One Voice Choir** practices most Sundays 11:45 am (check for time on Potluck Sundays) **AND Thur, Feb 5th & 12th, 6:30 pm** Please let Rev SuZ know if you'd like to join!

AFTER FURTHER REVIEW [???

Dear Pastor,

Can you speak this month on some subjects other than what all the others will be thumping their pulpits about? Though I wish it were otherwise, I suppose 'tis somewhat pre-determined by the date of 14 February, the greeting card industry, and candy makers . . . so it must be something to do with hearts and flowers, cupids and concupiscence, cuddly phrases and romantic sayings from Chaucer's high middle ages (1001-1300). Great tomes of antiquaries attributing such flights of flowery forbearance and folly to a martyred priest, Valentinus by name and male by gender, or one martyred female virgin, Valentina in 308, or even a Spanish hermit who died in about 715 on or about the 25th of February. In short, no one really knows how such traditions of courtly love, romantic expressions of Eros, Mania, Philos, Storge, or the ever popular Agape love got started. Since the 18th century CE, with trees sacrificed for paper hearts and cards, flower beds decimated to decorate a week's worth of tablescapes with water-soaked flower cuttings, we have added hard-won diamonds and gold bangles torn from earth's bosom, and forged into all sorts of gift shapes. My God, what of those poor teddy bears, estranged from their maker's shelves, stuffed in boxes and sent to strangers all over the world? Let us not forget the poor mid-air-mating doves, darts from cupids' bows, and hearts on fire with glowing declarations of eternal love and fidelity. Can't we have something else, in spite of the market place controlling the pulpits of the



world? I am merely requesting a change of menu at the venue. Can you help?

Your resident skeptic . . .

Dear Skeptic,

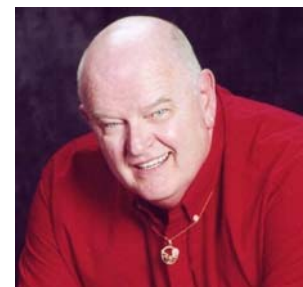
Ernest Holmes says, "Ultimately we shall see that the Universe rests on the shoulders of Love; that God is Love; and that all the errors of human beings are the result of ignorance of our own true nature. . . . There is a Law, common to all people, which responds to every person's belief in life, at the level of that belief. No one can be happy who lives in a continuous state of condemnation of people, conditions and things. We must learn to praise and not condemn. (SOM[®] PP. 433-434)

While I understand your concern, I don't really know what else you can do to prove your love. Now I suggest you go ahead and call Vermont for the teddy bear; Homer Laughlin for the Fiestaware sales; a large pot of living flowers from Morrison's; Reserve dinner at Charleston's; Get the ring and put it in the Champagne toast after dinner with the fudge brownie dessert (two spoons); stop by Hallmark and get the most romantic card you can have the clerk find for you; rent a tuxedo and hire a stretch limo for transportation to and from the restaurant, and have a wonderful St. Valentine's day celebration of your love. (See you in church on Sunday – so don't stay out too late. . .)

All for Love and Love for all . . .

Your Pastor,

~Dr. Bill



Rev Dr Bill Ward
Senior Minister

**Newcomer/Refresher
Class w/ Rev Bill**

Wednesdays, 6 pm
Please join us!

**Sanctuary A/V & Lighting
Upgrade**

This project needs you! We only need \$2,500 more to reach our goal! We have a member who has pledged to match dollar-for-dollar any future designated contributions. This is the perfect opportunity for your dollars to go further!

The United Life Messenger

WE ARE OPEN

SUNDAY

Discussion Group: 9:00 - 10:00 am
 Meditation Service: 10:00 - 10:20 am
 Celebration Service: 10:30 - 11:30 am
 Choir Practice (most Sundays): After Service
 Toning & Meditation Circle: 1st Sun, 6:30 pm

MONDAY

Toastmasters: 7:00 - 8:00 pm

TUESDAY

Substance Abuse Group (\$15): 6:30 - 7:00 pm

WEDNESDAY

White Bison Society: 6:00 - 8:00 pm
 OKC Reiki Energy Circle: 1st Wed, 2 pm
 3rd Wed, 7 pm
 Newcomer/Refresher Class
 w/ Rev Bill: 6:00 - 7:00 pm

THURSDAY

Sierra Club: 3rd Thu, 7 pm
 OKC Reiki Energy Circle: 4th Thu, 6:30 p

SATURDAY

Community Garden (come-n-go): 9:00 am - Noon
 OKC Reiki Energy Circle: 2nd Sat, 11 am
 (OR 3rd & 5th)

Keeping You in the Loop

ATTENDANCE

~YTD: 178 ~Jan 2015: 178

NEW MEMBERS

~YTD: 5 ~Jan 2015: 5

FINANCIALS

~YTD Income: \$12,747¹⁵ ~Jan Inc: \$7,727^{15*}
 *(plus design¹⁵\$600 to minister's salary;
 \$4,420 to sanctuary A/V-Lighting)
 ~YTD Expenses: \$10,694¹⁶ ~Jan Exp: \$10,694¹⁶

CHURCH PROJECTS (in process)

~Sanctuary Décor Update ~Sanctuary A/V & Lighting Upgrade
 (from Rummage Sale Proceeds) (from Designated Donations)

Pastoral Care

If you know of someone in
 need of care or prayer,
 please contact the church office

UnitedLifeChurchOKC
 @hotmail.com

Reach Out to Your Practitioners!

Practitioners are available
 for Spiritual Mind
 Treatment by
 appointment and after
 our Sunday services.

GENERAL INFORMATION

United Life Center for Spiritual Living—Oklahoma City
 3332 N Meridian Ave • Oklahoma City • OK 73112
 405.946.6753 • UnitedLife.org
 UnitedLifeChurchOKC@hotmail.com

Rev Dr Bill Ward, Sr Minister946.6753
 Rev Dr SuZ Ogden, Music Director473.8828
 Jan Brown, Administrator946.6753

LEADERSHIP COUNCIL

Rick Wicker, President.....395.7191
 Deanie Wright, Vice President.....359.7638
 Bob Williams, Treasurer354.3039
 David Ackley, Secretary501.2201

LEADERSHIP COUNCIL, cont.

Anna Otto, Trustee.....205.7802
 Chris Van Zant, Trustee528.4626

LICENSED PRACTITIONERS

Christine Baldwin, RScP.....943.0426
 Scott Bryden, RScP.....205.0916
 Dorothy Danen, RScP.....826.1935
 Barbara Hartman, RScP.....951.537.8179
 Rev Nancy Morris (Emeritus).....373.3617
 Ray Reid, RScP.....917.7573
 Rob Riggs, RScP.....946.3137
 Mike Ruckel, RScP.....722.7494
 Rev Dr William H. Ward, RScP.....946.6753
 Johnie Wright, RScP.....359.7638

February 2015

United Life Center for Spiritual Living—OKC

3332 N Meridian Ave, Oklahoma City, OK

www.UnitedLife.org • UnitedLifeChurchOKC@hotmail.com

The United Life Messenger

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 9:00 Discussion Group 10:00 Meditation 10:30 Celebration Service 11:30 BIRTHDAY CAKE! 11:45 Ed Team 6:30p Toning & Meditation	2 7:00 pm Toastmasters	3 <i>(Evening) 6 or 6:30pm</i> <i>Metaphysical Bible Interpretation class</i> 6:30 pm Substance Abuse Group	4 2:00 pm OKC Reiki 6:00 White Bison 6:00 Newcomer/ Re-fresher Class w/ Rev Bill	5 10am <i>Metaphysical Bible Interpretation class</i> 1:30 pm Stewardship Team Meeting	6	7
8 9:00 Discussion Group 10:00 Meditation 10:30 Celebration Service 12:30 LC Meeting 6:30p Toning & Med (extra)	9 7:00 pm Toastmasters	10 <i>(Evening) 6 or 6:30pm</i> <i>Metaphysical Bible Interpretation class</i> 6:30 pm Substance Abuse Group	11 6:00 White Bison 6:00 Newcomer/ Re-fresher Class w/ Rev Bill	12 10am <i>Metaphysical Bible Interpretation</i>	13	14 <i>Valentine's Day!</i> (come-n-go) 9am—12Noon Creative Spirits 11am OKC Reiki Energy Circle
15 9:00 Discussion Group 10:00 Meditation 10:30 Celebration Service 12:30 POTLUCK	16 7:00 pm Toastmasters	17 <i>(Evening) 6 or 6:30pm</i> <i>Metaphysical Bible Interpretation class</i> 6:30 pm Substance Abuse Group	18 6:00 White Bison 6:00 Newcomer/ Re-fresher Class w/ Rev Bill 7:00 OKC Reiki	19 10am <i>Metaphysical Bible Interpretation</i> 7:00 pm Sierra Club	20 6 pm Practitioner & Ministerial Advisory Council Dinner (offsite)	21
22 9:00 Discussion Group 10:00 Meditation 10:30 Celebration Service	23 7:00 pm Toastmasters	24 <i>(Evening) 6 or 6:30</i> <i>Metaphysical Bible Interpretation class</i> 6:30 pm Substance Abuse Group	25 6:00 White Bison 6:00 Newcomer/ Re-fresher Class w/ Rev Bill	26 10am <i>Metaphysical Bible Interpretation</i> 6:30 pm OKC Reiki	27	28 (come-n-go) 9am—12Noon Creative Spirits

The **United Life Messenger**

Enlightenment for Successful Living in the 21st Century

OUR VISION

We are a loving spiritual community,
joyfully expressing Spirit.

OUR PROSPERITY AFFIRMATION

We express the overflowing prosperous
nature of God,
both in our Spiritual Community,
and in our own personal lives.

MISSION STATEMENT

By practicing the Science of
Mind Principles, we honor the
presence of God in all,

Nurture and support spiritual
growth and transformation,

Empower people to create
happy, healthy, abundant lives.



Centers for
Spiritual Living

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ADDRESS CORRECTION REQUESTED

DATED MATERIAL

