

The United Life Messenger

Enlightenment for Successful Living in the 21st Century

Volume 19, Number 3/4

March / April 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

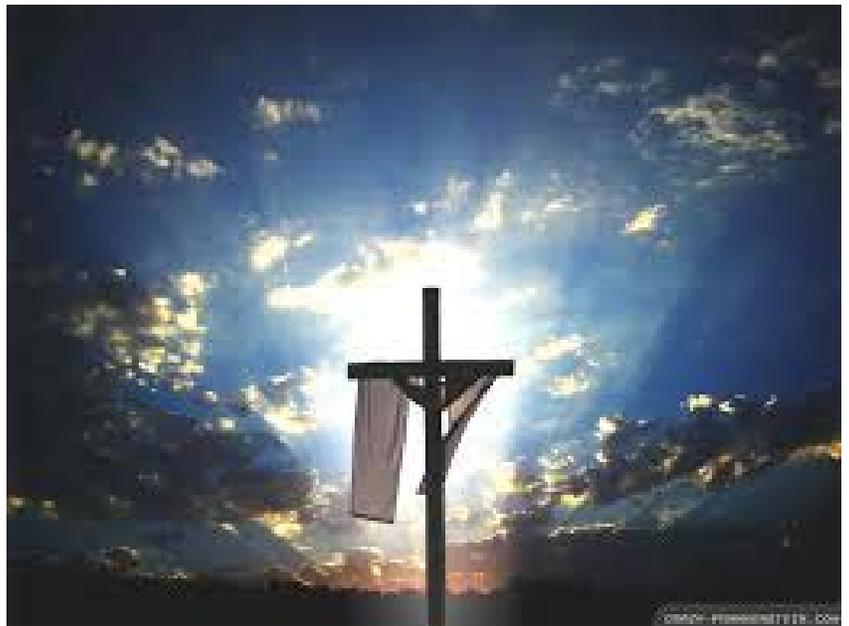
April Meditations (SOM Text, pgs 541-543)
Through the Long Night Watches
Thy Strength Is Sufficient
Waiting On Thee
Whose Right It Is To Come

APR 5 Recalled to Life
(Easter) SOM Text, pgs 149.1—150.1
(pg 149, paragraph 1 — pg 150, par. 1)

APR 12 Immediate Access
SOM Text, pgs 150.2—152.1

APR 19 Happiness Essentials
SOM Text, pgs 152.2—153.1

APR 26 The Foolproof Force
SOM Text, pgs 153.2—154.1



*Happy Spring! Joyous Easter!
We know warmth and happiness are yours now
and forever. And so it is!*

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*The course **Emma Curtis Hopkins—Teacher of Teachers** will begin Wednesday, April 8th, with two offerings. Pick the one that works for you:*

Mornings: 10 am - 1 pm

Evenings: 6 pm - 9 pm

The book is available at cost from our bookstore for \$20; the class is on a love offering basis; if you'd like certification via CSL, their fee is \$45.

CONTINUOUS SPIRITUAL EXPANSION IS MY HIGHEST GOOD.

The United Life Messenger

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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!

Coming Soon!
Intro class with
Mike Ruckel
Sundays, 9am
Please join us!

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)



Say So Corner... Demonstrations from our Congregation (see also page 4)

By Gloria Cole

My many mini manifestations or one might call it being in the flow!

I had affirmed that I would start cleaning and clearing stuff from my house. The rummage sale helped somewhat and I also put boxes out for the clothing drive. The real winner came when my great granddaughters, ages 3 and 8, came for their annual visit. After tasting the goodies they had made and exchanging gifts, they wanted to know if they could see the rest of the house. Asking, "What is in that room", or closet, we began searching for things that interested them: stuffed animals, books, stickers, little soap bars, toothbrushes and whatever. The older one says, "I found a sack" and as we started filling it, the younger one says, "I need a sack, too." At one point the older one spotted a pink sack on the top shelf and wanted to see what it contained. My reply was, "granny can't reach that shelf". I was met with the statement, "can't you use this ladder?". I do love the can-do spirit of the little ones! They left with two bags of goodies. I have been blessed!

I am forever shopping for clothing with an eye for sales and savings and having to alter everything. This time I decided to hit my favorite store's petite department. Everything was 40% and 60% off. What a joy—no alterations.

Just before Christmas, because my son loves shopping at the half-price book store, I purchased a \$50 gift certificate and this particular day a \$5 gift coupon was given with each \$25 purchase. When I went to cash in my coupon, I went directly to the garden department and there on display was the book Grow This, by Derek Fell, with 30 years experience in growing, judging and giving expert advice on choosing the best possible vegetables and flowers. What a find! In the large print section I found a book by my favorite author and to top it all off I was in and out in 15 minutes.

We had a door between our kitchen and the garage replaced. They did a beautiful job and then they said, "look at your back step"; they rebuilt our back step at no charge.

Joe Maly and I purchased a large flower pot Joe found. We left it at another church before we had a chance to use it and as the people who had taken over the flower beds did not find a use for it, I was asked if I wanted it and, of course, my answer was, "sure". Imagine my surprise when I spotted the pot in our front bed, thanks to Joe and Max.

Petals for Progress Intentional Giving Program

A special message from Rev Bill and Deanie:

To give *intentionally* makes a statement about who you are and what demands you make on the Law of Circulation, the Law of Attraction. The first Sunday of April will be the beginning of a month-long project to consciously reflect on and give thanks for all of our Good and for all the benefits we enjoy at United Life; for giving thanks for our Good is the first step toward increased good and prosperity. We turn our attention to our purpose and God mission as we take this opportunity to indicate the amount of money we will designate for the coming year's budget. We are privileged to declare for ourselves and all others that "there is Good for me and I ought to have it," Emma Curtis Hopkins. The All-Good Itself becomes the essence of the Law of Circulation, the Law of Attraction, and the Law of Mind Itself so that – AS – you give it is done unto you in like measure and kind as you have given. Let us *intentionally* be aware of God's abundance in our lives, as the millions of petals that appear in spring, and *intentionally* declare what we will give and gratefully accept.

Leadership Council Communiqué

Dear Friends in Spirit,

Spring is here! It's a time of new things with new growth, a renewing of the spirit, a return of the bees and the birds, a time of blossoming, pollination and green growth. And yes, the days are warming and getting longer. There is more light and life in the world. It is a time of hopefulness, a quickening of the blood, an awakening of our muscles (both physical & mental) and a looking forward to the bright, positive future. As New Thought, Science of Minders, now is the time to put our fondest dreams and wishes into action, into fulfillment, and into manifestation. May the Spirit, may the Force be with you!

A sure sign that spring is here is manifested in our Community Garden. Row after row of green plants are starting to spring up from seeds and transplants we sowed in February and March. There are blue, red & yellow potatoes; green, red & yellow onions, snow peas, multiple lettuce varieties, spinach, Kale, Swiss chard, broccoli, cabbage, garden peas and cauliflower. We are planting from "The People's Choice", the surveys we passed out at the beginning of the year. When we harvest these organic, locally produced vegetables, they will be available to all the members of ULCSL and the community at large. See Cheree or myself if you have any questions about the garden or would like to volunteer. We have a new gate and will soon have a new sign and new plantings are coming up every day. Come and visit the garden.

Speaking of volunteering, the Volunteer Day at our last Potluck was very successful. We had a

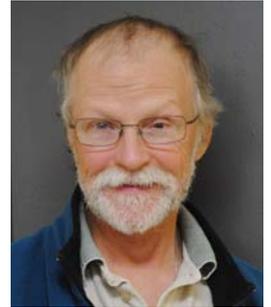
lot of people sign up for the many volunteer jobs and teams, that we need to keep the church working properly. Thank you to Deanie for setting up the signup tables and providing balloons, candy and decorations. All the volunteer signup sheets will be posted on the kitchen bulletin board to the right of the social hall entrance doors. Please browse the many opportunities and sign up for as many teams as your interest dictates and your time allows.

Keeping with the Spring theme, we will be kicking off our annual pledge drive in the month of April. The slogan will be "Funds are springing up all over!" This is a great chance to put your faith into action and practice the tenets of SOM. How much do you want to manifest this year?

Don't forget to get with Joe Maly soon to get your photograph made for the new member directory. Time is running out!

Also new classes will be offered by Rev. Bill which will focus on the beginnings of the New Thought Movement, the people that inspired and educated Ernest Holmes. There will be classes on Emerson, Emma Curtis Hopkins and Troward & the Edinburg Lectures. There will be scholarships and partial scholarships available if you need them. Hope to see you there!

Happy Springtime to everybody!
~Rick



Rick Wicker
Leadership Council
President

Creative Spirits

We meet each 2nd & 4th Saturday @ Christine Baldwin's house.
Please call her at: 943-426-426 for directions.



TONING CIRCLE

The singing bowl Toning and Meditation Circle continues to meet the **first Sunday** of each month at **6:30 pm** at United Life.



Dr SuZ Ogden
Music Director

From The Desk of Dr. SuZ

Dear Friends,

Prayer is not a "spare wheel" that you pull out when in trouble, but it is a "steering wheel" that directs the right path throughout the journey.

First, let me say thank you, thank you, thank you, to the wonderful members of the choir who absolutely were spectacular Feb. 15th. They made my heart sing. My thanks also to Caleb who helped with sound both in rehearsal

and on Sunday. We are lucky to have you as a part of our spiritual family, young man.

This month I have included a couple of things that some of our folks are doing out in the community to make a difference. Keep it up, all of you. You are doing great!

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

~Rev Dr SuZ

Zane Wegrzyn-Van Zant, Artist

It's important to remember how kids benefit from being a part of SOM at a young age.

Zane Wegrzyn-Van Zant, 17 years old, has grown up in the SOM way of thinking since he was 2 ½ years old.

He attends Classen School of Advanced Studies, studying art there since 6th grade. Now, as a junior, he has expanded his horizons from works on paper to three-dimensional sculptures he welds together.

His approach is that he knows he can do whatever

he sets his mind to do. In February, he received a Gold Key Award for each of the two airplane sculptures, the Z-47, and the Z-74 Firebolt he entered in the 2015 OK Regional Scholastic Art Awards. These were on exhibit

at the Tulsa Community College event. Zane was further honored to be named one of the five American Visions Award nominees, for the Z-74 Firebolt! He could be chosen on a national level to represent the Oklahoma Region in New York!



Join us Easter Sunday for a very special performance by our very own *One Voice Choir*

Mary Strasner, Dramatic Actress :-)

"Break a leg!" This is actually a wish for good luck in the theater which I heard recently when I was in a play at the Woodson Park Senior Center!

On my 2014 Vision Board, I put a photo of two ladies playing cards and laughing, to which I added the words "friends are brighteners and help me enjoy life"! Can you believe it? Our characters in the female version of "The Odd Couple", are playing a card game!

Many at ULCSL will not be surprised that I have a talent for the dramatic!(Anyone else

can check with my family and the children I served at the public library!) But, in addition to this Creative Expression, I found opportunities for service and for sharing SOM principles—AND, I made a new friend! I can't wait for our next get-together as we share a zest for life and a flair for the dramatic!

Also, a big "thank you" to all of my ULCSL family who attended! It really does make a difference when someone you know is in the audience!

~Mary Strasner

AFTER FURTHER REVIEW

Ah, yes, March has come and gone and we are still experiencing the ever changing elements that try our souls and bodies with all sorts of weather conditions, one after the other and each one more varied than the last. In short, a very volatile set of circumstances. Is it some sort of a test of our will to keep on doing whatever we normally do, or should we give in and hibernate until better conditions come along? I have another suggestion – let's begin to consider what we will manifest in the next few weeks or days now that Spring is here and Easter will soon become a mere memory. Let's begin a few of those projects we have set aside for other days and times when we think we will get around to them somehow. Well, it looks like "somehow" and "around to it" may have both arrived.

This is the season of observation, preparation, and execution of all that is needed or wanted in our community. We have had the opportunity to become involved in Mobile Meals for a couple of days a week; we are still collecting for the Salt United Methodist Church Food Pantry; we are getting ready to provide the entrée for the MAEC (Meridian Avenue Ecumenical Council) progressive dinner on May 1st with love offering baskets provided that will support the Vacation Bible School held at the Memorial Christian Church in a week of evenings July 19-23 with an evening meal provided for the children; we are getting ready for all teams to prepare for the increase of interest and attendance here in our United Life Hilltop Beacon of Truth; we are getting ready for several new classes to be given through the end of the year; we are now affiliated with Emerson Theological Institute so we will be training practitioners, ministers, and multiples of students for certificates of completion and

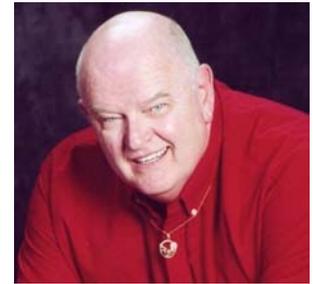
degree programs from Bachelor of Religious Studies through various doctoral programs beginning Easter week, April 6-11. We already have one student taking the classes by Face-Time (like SKYPE).

All in all, with smart classroom technology and new sanctuary developments in music, lessons, and all sorts of ways to showcase our philosophy, our religion, and our demonstrations of truth, we are preparing for all the Good God has in store for us. We are becoming the embodiment of Proverbs 23:7 that says, "As a person thinks in their heart of hearts, so are they" (My translation).

"You are the light for the world. A City set upon a mountain that cannot be hidden" (Matthew 5:14 – various translations)

With the April theme of "The Power of Prayer" – let us assume the greatest things possible are being said of all we think, say, and do so that we, too, individually and corporately begin to let the praises be the fire that stirs our hearts to achieve all the expectations of people who know the truth, as Scripture teaches in Proverbs 27:21 "The crucible is for silver, and the furnace for gold; but humanity is refined by praise." This simply means that we must allow the praise of "others" for all our good deeds and thoughts and demonstrations to be the same refining fire that causes us to shine forth as the "Beacon of Truth" for the world to see each one of us as the purest of gold and silver; that we truly are "ENGAGED" in the eternal "HERE" and everlasting "NOW!" And so it is!!!

Blessings forever
~RDB (Rev. Dr. Bill)



Rev Dr Bill Ward
Senior Minister

Sanctuary A/V & Lighting Upgrade

This project needs you! We only need \$1,400 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

Emma Curtis Hopkins Class 10:00 - 1 pm
 White Bison Society: 6:00 - 8:00 pm
 OKC Reiki Energy Circle: 1st Wed, 2 pm
 3rd Wed, 7 pm
 Emma Curtis Hopkins Class 6:00 - 9:00 pm

THURSDAY

Stewardship Team Meeting Thu before LC Mtg
 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

SUNDAY ATTENDANCE

~YTD: 550 ~Feb 2015: 186 ~Mar 2015: 186
 (5 Sundays)

NEW MEMBERS

~YTD: 6 ~Feb 2015: 1 ~Mar 2015: -0-

FINANCIALS

~YTD Income: \$28,532⁰³
 ~YTD Expenses: \$38,674⁷⁸

~Feb Inc: \$7,271⁷⁶ ~Feb Exp: \$15,288⁴⁹

~Mar Inc: \$8,518⁴⁵ ~Mar Exp: \$12,697⁶³

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 Minister 946.6753
 Rev Dr SuZ Ogden, Music Director 473.8828
 Jan Brown, Administrator 946.6753

LEADERSHIP COUNCIL

Rick Wicker, President..... 395.7191
 Deanie Wright, Vice President..... 359.7638
 Bob Williams, Treasurer 354.3039
 David Ackley, Secretary 501.2201

LEADERSHIP COUNCIL, cont.

Anna Otto, Trustee..... 205.7802
 Chris Van Zant, Trustee 528.4626

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 Bob Williams, (Hon).....354.3039
 Johnie Wright, RScP.....359.7638

April 2015

United Life Center for Spiritual Living—OKC

3332 N Meridian Ave, Oklahoma City, OK

www.UnitedLife.org • Info@UnitedLife.org



United Life Messenger

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Our Pledge Drive, Petals for Progress, Kicks off in April! <i>Funds are Springing Up All Over!</i></p>			<p>1 2:00 pm OKC Reiki 6:00 White Bison 6:00 Newcomer/ Re- fresher Class w/ Rev Bill</p>	2	3	4
<p>5 9:00 Discussion Group 10:00 Meditation 10:30 Celebration Service 11:30 BIRTHDAY CAKE! 11:45 Ed Team 6:30p Toning & Meditation</p>	<p>6 7:00 pm Toastmasters</p>	<p>7 6:30 pm Substance Abuse Group</p>	<p>8 9am Emma Curtis Hop- kins class 6:00 White Bison 6pm Emma Curtis Hop- kins class</p>	<p>9 1:30 pm Stewardship Team Meeting</p>	<p>10</p>	<p>11 (come-n-go) 9am—12Noon Creative Spirits 11am OKC Reiki Energy Circle</p>
<p>12 9:00 Discussion Group 10:00 Meditation 10:30 Celebration Service 12:30 LC Meeting</p>	<p>13 7:00 pm Toastmasters</p>	<p>14 6:30 pm Substance Abuse Group</p>	<p>15 9am Emma Curtis Hopkins class 6:00 White Bison 6pm Emma Curtis Hop- kins class 7:00 OKC Reiki</p>	<p>16</p>	<p>17</p>	<p>18</p>
<p>19 9:00 Discussion Group 10:00 Meditation 10:30 Celebration Service 12:30 POTLUCK</p>	<p>20 7:00 pm Toastmasters</p>	<p>21 6:30 pm Substance Abuse Group</p>	<p>22 9am Emma Curtis Hop- kins class 6:00 White Bison 6pm Emma Curtis Hop- kins class</p>	<p>23 6:30 pm OKC Reiki</p>	<p>24</p>	<p>25 (come-n-go) 9am—12Noon Creative Spirits</p>
<p>26 9:00 Discussion Group 10:00 Meditation 10:30 Celebration Service</p>	<p>27 7:00 pm Toastmasters</p>	<p>28 6:30 pm Substance Abuse Group</p>	<p>29 9am Emma Curtis Hopkins class 6:00 White Bison 6pm Emma Curtis Hop- kins class</p>	<p>30</p>		

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

United Life Center for Spiritual Living—OKC

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ADDRESS CORRECTION REQUESTED

DATED MATERIAL

