

The United Life Messenger

Enlightenment for Successful Living in the 21st Century

Volume 19, Number 5

May 2015



United Life Center for Spiritual Living Oklahoma City

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



1955 - 2015

Celebration Service

10:30 am each Sunday

- MAY 3** *Bits and Pieces*
- MAY 10** *Just Right*
- MAY 17** *Horner's Pies*
- MAY 24** *When Pigs Fly...*
- MAY 31** *Options?*

MOM, I LOVE YOU!

- Age 10: I Love you, mom!*
- Age 14: My mom is so annoying!*
- Age 18: I wanna leave this house.*
- Age 25: Mom, you were right...*
- Age 30: Mom, forgive me?*
- Age 50: I don't wanna lose my mom!*
- Age 70: Mom, I love you so much!*

*Sunday, May 10th
Best Wishes for Mother's Day,
and to infinity,
to all the special moms everywhere!*

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*Progressive Dinner with our church friends on Meridian Avenue
(New Date!) SUNDAY EVENING, May 3rd*

*Appetizers: 5pm at St. David's
Main course and salads: 6pm at United Life
Concluding with Dessert and a songfest: at Memorial Christian Church
Only fund raiser for Memorial Christian Church's Vacation Bible School held in
July so come enjoy a nice meal, make some new friends, and be generous with your
Love Offering to help buy materials and meals. The goal is to raise \$700.*

CONTINUOUS SPIRITUAL EXPANSION IS MY HIGHEST GOOD.

The United Life Messenger

Spirit
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United Life Center for
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 in the thick of it... The garden's producing! Contact Rick Wicker: 395-7191

Join us most Saturdays for a Gardening Party!

(or help whenever your schedule allows)

New harvesting schedule: one week, produce harvested and cleaned will be shared with ULCSL Community. The alternate week, the harvest will go to The SALT Pantry.

In between, feel free to harvest on your own.

Book Discussion Group

Working With the Law

Sundays, 9am

Open to everyone

New! Intro class with

Mike Ruckel

Sundays, 9am

In the Solarium

Jump in anytime

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)



1955 - 2015

Can you believe it? We've been affiliated and in OKC for 60 years! We're planning a celebration and we'd like your help in developing and planning it. It'll be a fun day with outdoor festivities and an outdoor service. Ideas proposed include:

- ◆ Bounce house
- ◆ Maze games
- ◆ BBQ/Cookout
- ◆ Bean bag toss
- ◆ Horseshoes
- ◆ Bake sale
- ◆ Face Painting
- ◆ Farmer's Market
- ◆ Shredding Truck

Join the planning team and add your ideas!

Contact Anna Otto at: a_otto@live.com or 405.205.7802.
Let's demonstrate an ENJOYABLE and MEMORABLE
celebration of our Spiritual Center.

From the President's Desk...

Dear Friends in Spirit,

My previous messages have been newsy and informational, but much of the news is covered elsewhere. Please subscribe to and read our weekly email blast, *The Week @ United Life*, for the most up-to-date, accurate, present and future news of the church.

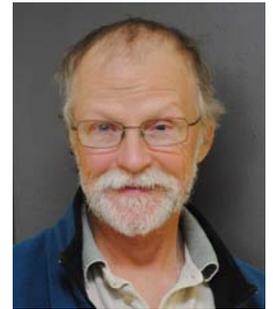
This message will be more personal, from the heart and concerns the changes I am going through right here right now. I consider myself very blessed to be the recipient of back to back to back spiritual experiences. The first was reading the book [The Biology of Belief](#) by Bruce Lipton. Written by a scientist and cell biologist, the book opened my eyes to a new way of seeing the world—one where everything interacts with everything else and everything is energy. This is a world of atoms, Quantum physics and cells that change through the interaction with their environment. It means that humans can influence how their own cells function and live, either for health or sickness. This is science proving that the principles laid down by Ernest Holmes and Emma Curtis Hopkins are true. In other words, we can change our world for the better, for our Good, simply by thinking it and believing it. As Emma Hopkins said, "There is Good for me in the Universe, and I ought to have it" and "We can embody whatever we focus on continuously." Let us continuously focus on the Good and on God in people, in our jobs, in our body, and in our environment.

Of course, it's not quite as simple as just thinking. Sometimes we forget to bring God along in our everyday frenzy of activity and monkey mind. Sometimes, our own subconscious gets in the way and countermands our best conscious thoughts. This brings me to my second spiritual experience, which is reading Emma Curtis Hopkins and participating in the study group led by Reverend Bill. This truly is a life changing experience. I find that I am healthier, more

energetic, more peaceful, happier, easier to get along with, and quicker to forgive and to calm down. Studying Ms. Hopkins every morning has embodied in me a spiritual practice that carries throughout the day and enables me to carry God in my heart and mind no matter what I do. She was Ernest Holmes' teacher and she, like him, synthesized and distilled the spiritual teachings of the East and the West. I am also enjoying the discussions each week and the insight and learning that Reverend Bill brings to the class. I encourage everyone to find the time to take as many classes as they can from him; it's a great opportunity to take advantage of Reverend Bill's wide and deep spiritual knowledge.

Which brings me to my third spiritual experience. Why is it that every important thing in life comes in threes? We know that just hearing a spiritual message once a week for 20 to 30 minutes is not enough. But the message that Reverend Bill gave last Sunday, April 19th, was a doozy; one of his best. Entitled "Happiness Essentials", he elaborated on the theme of prayer being essential to happiness. Our relationship to God and to our Good requires us to creatively express our desires in prayer. But do so with conviction, knowing that what we ask for, we will have. So speak your truth and watch it come into existence immediately. We can do more than to just practice "parking place consciousness." The Law of Attraction works and will bring us to our Good. Bill even waxed poetic at times with his metaphors (according to my more word-conscious wife). Good times, good food and good fellowship soon followed in the Community Hall. You can pick up a copy of the April 19th message at the bookstore.

Blessings,
~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

Your vision will become clear only when you look into your heart. Those who look outside, dream. Those who look inside, awaken."

~Carl Jung

Dear Friends,

Once again spring is here! First of all I want to say how very grateful I am for all of you that participated in the choir for Easter! We had so much great feedback! You are truly a blessing! You all truly bloom where you are planted!

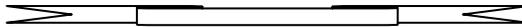
Love the way nature is popping out all over! I have included a picture of my little redbud tree the church bought me! It got moved to the new house and loves it here! It has grown and bloomed and now is in the process of shooting out new leaves! Just takes a little sunlight and water and letting it do what a tree does!

With the new house and so much to do to make it more livable I find myself making a

lot of list and checking things off and getting them done! I know this is good but I have to remind myself everyday that the main thing is to take that moment to look inside, to keep myself awake to what is really, really important! To remember that life is a process unfolding all the time as long as we are alive!

Life absolutely continues to unfold in magnificent ways as long as we continue to do our spiritual work and stop trying to control everything! Join me this spring as we continue to move closer to that presence of God within!

With a heart full of gratitude,
~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)

Please let Rev SuZ know if you'd
like to join!

AFTER FURTHER REVIEW

Would you look at the monthly calendars ahead of us?! We have so much to do and so little time to accomplish all our beautiful ideas! After all is said and done; and it will be done, and much will be said along the way, I am certain !!! May is here with Mother's Day and finishing the sanctuary installation of all the AV equipment! June is upon us with Father's Day and hopefully a bit more stable weather, outdoor activities in full-swing with our fantastic garden and great plans for our 60th anniversary celebration later this year! July with its celebrations of our exceptional heritage as Americans and our new relationship with our friends in the Meridian Avenue Ecumenical Council, the Vacation Bible School on the 19th - 23rd at Memorial Christian Church (DOC) for five evenings beginning a 5:30 p.m. each day! Then there is August, typically a very warm time of year and maybe a great time to build an outdoor concert area gazebo for aspiring artists and other vagabond singers to have a place to entertain their audiences! And school starts up again in August followed by Labor Day in September, Halloween in October, Thanksgiving in November and we are back on track for Christmas and New Year's!

So you see there is little time to waste since we now will be offering continuing education in our philosophy and religious beliefs throughout the coming seasons including degree-oriented programs from Emerson Institute and certificated religious studies from our affiliated organization called *Centers for Spiritual Living*. Class offerings will be published and as soon as instructors step forward we will present those opportunities as well!

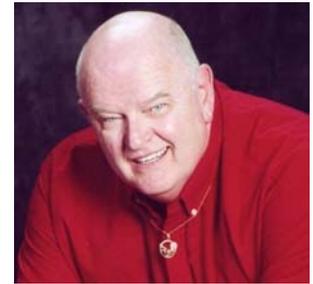
All in all - we are a wonderful spiritual community that truly cares for each individual

and each family! It is our desire to grow in faith, belief, and consciousness throughout the rest of this year and get ready to launch smoothly into 2016 by giving us a grand head-start on all the planning that will give us all we desire to have, and all we are willing to embody! As children of God we gladly receive all the good that God has in store for us whether it is the first time we ask and prepare ourselves for the abundant flow of supply, or we are old and accustomed hands dealing with the bountiful supply and already plan to expand our horizons to greet more of God's goodness in all the magnificent days ahead and with the fulfilling opportunities laid out as a glorious banquet where God is our generous host! We are ready and able to receive anything and everything God, our all-sufficient supplier of all we need, want, and are willing to embody, has to offer! We celebrate our magnificence every day, in every way, right here and right now!

We invite you to come play with us as we learn, teach, and experience the true joy of living a life filled with blessings and pleasure at every turn! We live in the expectancy of the everlasting, imminent, and magnificent God-gift that accompanies every twist and turn in consciousness! We are turned, cultivated, and brought to fruition by the regular spiritual feeding we receive from each other every time this Christ-body of believers gathers to learn, re-new, and refresh itself at every meeting! Do please come celebrate life with us at your earliest convenience! You are always welcome here!!

And so It is ...

~Dr. Bill



Rev Dr Bill Ward
Senior Minister

Sanctuary A/V & Lighting Upgrade

This project needs you! We only need about \$1,200 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

Working With the Law Group 9:00 - 10:00 am
Intro Group (Mike Ruckel): 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: 744 ~April 2015: 194

NEW MEMBERS

~YTD: 6 ~April 2015: -0-

FINANCIALS

~YTD Income: \$37,259⁹⁴

~YTD Expenses: \$48,566⁵⁹

~April Inc: \$8,723⁰³

~April Exp: \$9,891⁸¹

Pastoral Care

If you know of someone in
 need of care or prayer,

Send a prayer request
 (hardcopy or website), email
 us, contact a minister or any
 MAC member below.

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
 Info@UnitedLife.org

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

(MAC-Ministerial Advisory Council)

Christine Baldwin, RScP.....943.0426
 Scott Bryden, RScP.....205.0916
 Dorothy Danen, RScP.....826.1935
 Barbara Hartman, RScP.....951.537.8179
 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

May 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
3 9:00 Discussion Groups 10:00 Meditation 10:30 Celebration Service 11:30 BIRTHDAY CAKE! 5:00 PROGRESSIVE DINNER 6:30p Toning & Meditation		5	6 10am Emma Curtis Hopkins class 2:00 pm OKC Reiki 6:00 White Bison 6pm Emma Curtis Hopkins class	7 1:30 pm Stewardship Team Meeting	8	9 (come-n-go) 9am—12Noon Creative Spirits
10 <i>Mother's Day</i> 9:00 Discussion Groups 10:00 Meditation 10:30 Celebration Service 12:30 LC Meeting	11 7:00 pm Toastmasters	12 6:30 pm Substance Abuse Group	13 10am Emma Curtis Hopkins class 6:00 White Bison 6pm Emma Curtis Hopkins class	14	15	16 11am OKC Reiki Energy Circle
17 9:00 Discussion Groups 10:00 Meditation 10:30 Celebration Service 11:30 POTLUCK	18 7:00 pm Toastmasters	19 6:30 pm Substance Abuse Group	20 10am Emma Curtis Hopkins class 6:00 White Bison 6pm Emma Curtis Hopkins class 7:00 OKC Reiki	21	22	23 (come-n-go) 9am—12Noon Creative Spirits
24 9:00 Discussion Groups 10:00 Meditation 10:30 Celebration Service	25 7:00 pm Toastmasters	26 6:30 pm Substance Abuse Group	27 10am Emma Curtis Hopkins class 6:00 White Bison 6pm Emma Curtis Hopkins class	28 6:30 pm OKC Reiki	29	30
31 9:00 Discussion Groups 10:00 Meditation 10:30 Celebration Service 11:30 PANCAKES						

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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.



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ADDRESS CORRECTION REQUESTED

DATED MATERIAL

