

# The United Life Messenger

*Enlightenment for Successful Living in the 21st Century*

Volume 18, Number 11

November 2014



## United Life Spiritual Center

*A Center for Spiritual Living  
Joyfully Expressing Spirit*

### *Celebration Service*

*10:30 am each Sunday*

- NOV 2 **Stop! Look! Listen! Now!**  
Happy, Healthy, Successful,  
Talented Living
- NOV 9 **If Not Now — When?**  
Time to Make the Donuts
- NOV 16 **The Root of Money**  
The Love of Money is the  
Root of All Good, Worthy  
to Be Praised
- NOV 23 **The Great Thanksgiving**  
New Life in Two Words or  
Less
- NOV 30 **Great Expectations**  
Growing Eternity From  
Seed



*Happy Thanksgiving Day on Nov. 27th!  
Please join us and bring your family and friends to our  
Annual Thanksgiving Day Dinner, 2 pm.  
We'll provide the turkey and you provide side dish(es).  
Please RSVP with what you'll be bringing & how many are  
in your party so we know how many turkeys to buy!*

### INSIDE THIS ISSUE

- Events/Activities; Movie Review.... 2
- Leadership Council Communiqué... 3
- From the Desk of Dr SuZ ..... 4
- Minister's Message ..... 5
- Information & Support..... 6
- Calendar ..... 7
- Vision and Mission Statement ..... 8

*SOM classes taught by Rev Bill! Check the class list & the class descriptions that are on the bulletin board, and let us know which classes are of interest to you!*

**I KNOW ALWAYS THAT DIVINE ORDER IS WORKING FOR MY BEST INTERESTS.**

## The United Life Messenger

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United Life  
Spiritual Center

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'll even have a winter garden... 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!*

**Laughter Yoga**  
(2nd Friday)  
**Nov 14th 6:30 pm**  
*Please join us!*

### Bookstore at ULSC

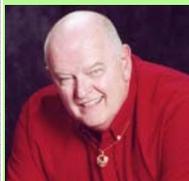
We have many great titles, plus  
incense, incense holders and oils!

**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)



### FYI – Get Ready for Great Things

Okay, so three months of diligence might not make over my consciousness – or yours – so then what do we do? First of all, forgive yourself for not starting in October and just be grateful for all the Halloween candy left-overs; avoid the scale growling in the bathroom, and begin giving thanks for all the days left to accomplish great things!! After all, we have a huge ULSC Thanksgiving Celebration Dinner to plan! We have relatives and friends to invite to our Church Family Thanksgiving Dinner! This year we are including our Native American brothers and sisters and their families! They will join us and also perform a purification ceremony throughout the building at 2:00 p.m. followed by our great Thanksgiving Homecoming Dinner! This is an event like none other, for which we give our “Thanks”

Please join us this year! After all is said and done this year you will be in the presence of like-minded people who think and believe pretty much as you do! That gives great freedom to have meaningful conversations covering all sorts of topics, including your faith issues, without having to explain why you believe what you do, or why you attend the United Life Center for Spiritual Living! Let us know how many you are bringing and what kind of fantastic Thanksgiving recipe you will bring to share for dinner!

We are providing the turkey, some stuffing, and the gravy! The rest will be a potluck style family buffet with all sorts of favorite recipes shared by the attendees! Most importantly, it will be a time of fellowship, renewal, and goodwill! It is a great time as we begin the most exciting season of Divine Expectation once again! We begin to look for all the good we can receive a-fresh and a-new as we prepare to welcome again the full power and presence of the inner Christ-child that will grow and assist us to become all we were ever meant to become in the coming New Year 2015! And so it is!!! ~Dr. Bill

## Leadership Council Communiqué

Dear Friends,

November, the month of Thanksgiving... I'm so grateful for all of you who come together and celebrate life every Sunday! It's such an honor to celebrate life with all of you!

Speaking of celebrating life, we recently celebrated the life of Mary Grimes at our Center! I'm sure many of you are like me in that you're remembering and appreciating her and the Light that she shared with us while she walked among us! Bless you, Mary, we miss you greatly!

As some of you may already know, we're currently moving forward with the plans for our annual ULSC Thanksgiving Dinner! You and yours, as always, are invited to celebrate this holiday with your church family this year! It'll be a huge celebration with our family of choice! The Center will provide turkey and gravy; we're asking you to bring any other dish(es) to share and to RSVP with how many people you'll be bringing so we can plan how much turkey to buy!

On the Leadership Council front, our last meeting was peaceful, productive, and we got things done in a timely manner which is always appreciated! Please always feel free to approach any one of us, or our Practitioners, if we can help!

Our Town Hall Meeting on October 19<sup>th</sup> was productive and we appreciated your participation and sharing of ideas! We're all really pulling together, working together, for the good of our Center! That's such an affirming thing to experience!

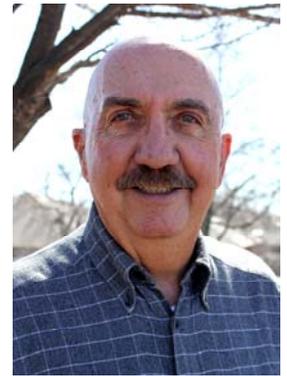
We really appreciate everyone that continues to contribute both time and treasure in order to help our Center thrive! I'd like to send a big THANK YOU for your generosity!

Finally, as it's worth repeating, it's that time of year again...your member renewal is needed! Our bylaws say that ULSC membership must be reaffirmed each year; if a new card is not received, you'll be dropped from our member rolls! This policy helps us to have an accurate membership database in time for our annual congregational meeting, for which we need a quorum in order to do business! If you would like to reaffirm your membership, please return your updated membership card to the ULSC office as soon as possible!

Thank you for being in my life!

In Love & Appreciation,

Ray



Ray Reid  
Leadership Council  
President

### 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!

### Creative Spirits

We meet each 2nd & 4th Saturday @ Christine Baldwin's house! Please call her at: 943-426 for directions! Come and go from **9 am to 12 noon**! Bring your own creative activity and socialize with like-minded people! Everyone is welcome!



# The United Life Messenger



Dr SuZ Ogden  
Music Director

## From The Desk of Dr. SuZ

God is worthy to be praised, so am I

I can know the truth of what I Am, in the twinkling of an eye

There's a Spirit in my life, that longs to shine,  
(longs to shine).

God is worthy to be praised, so am I

~Dale Worley

Dear Friends,

These are lyrics from a song the choir is working on presently. I am so grateful for the choir and the generosity of each member as they share their time and talents. They are flexible as we learn and arrange things to make them fit just right for our Sunday celebrations. Each member of the choir brings a special ease and grace to the experience. It is a spiritual practice to bring forth the discipline that it takes to practice and to make the commitment.

In our Science of Mind class this past week we did a word association process where Dorothy Danen would call out a word and we would write our first response quickly so we could examine what innate thoughts still live

within our psyche. It was amazing to me how many of mine have become positive as I continue to stick with this teaching and keep my mind and heart steady on God. I was reminded of how life used to be when I sang country music in country bars five and six nights a week and proclaimed through the songs how I was drunk, broken hearted and there was never enough.

I still love country music, don't get me wrong, but I like more of the wonderful positive songs they have now and when I listen to an old tear-jerker I try to sing something up-lifting afterwards. An old Unity minister once told me that singing is praying twice. I urge each of you to keep a good song in your heart so when some negative idea comes up you can sing it.

My love to each of you as we go into this holiday season. Take every moment you can to enjoy it. We are so blessed to live life where we are right here and now.

Bless each of you.

In Love, Grace & Gratitude,

Rev. Dr. SuZ



*New*

**Choir Members Welcome!**

*Choir Members Welcome!*

**CHOIR PRACTICE**

Our own **One Voice Choir** practices most Sundays 11:45 am (9 am on potluck Sundays)

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

## AFTER FURTHER REVIEW

Every year, about this time, with Thanksgiving looming in a couple of weeks; with the great pumpkin left behind in the stardust wake of tinsel, nutcrackers, and Christmas trees, my thoughts turn to pumpkin pies, cranberry sauce, turkey and stuffing, and finally to the reason for this portion of the season – “Things for which I am Thankful” And yet, there is something emerging that always grabs my thought process and, like a puppy with a new toy, gives it a real good shake. I know from all the years of study, meditation, treatment, and centering prayer work that God is really OK with me just as I am, flaws and all. That is sometimes quite a mind-boggling thought. God, speaking and working from the “secret place of the Most High” deep within my consciousness, affirms and re-affirms over and over that I am not required to change; that I am perfectly all right as I am; that there is nothing I need do in any way to seek approval of the Ruler within, and absolutely nothing I need do to please the One within who has already given to me the greatest gift of all time; total acceptance, affirmation, approval, approbation, and assent regarding who I am, what I do, and where I am headed...

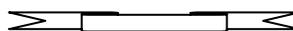
Now I have a real “problem” (yes, that is possible) for now, after years of seeking all those “A’s” – I must somehow wrap my mind around all that goodness

and learn how to receive such applause. More than that, I feel like I need to somehow thank God for giving me His Kingdom and the Keys to Abundant (another “A”) living. I not only have access to the storehouse of the Kingdom of God, I am considered one of God’s children and I am therefore an inheritor of all the good there is now and on into the “forever-day” future.

But what can I possibly give to such an intimate Companion, Friend, Ideamaker, Creator who has taken up residence in that “secret” place within me, and who has made me fully aware of Its dynamic creative presence. The magnificent truth for me is I have a whole glorious month to create a huge amount of gratitude.

It all begins with the first Autumn-like weather, crisp mornings, blazing colors of nature’s bounty, and a sense of awe and wonder as my world calms itself into a season of rest and preparation for a burst of creation and re-creation in the months to come. I have the entire month and a whole season to begin giving “thanks” by becoming as creative, as enthusiastic, and as productive as possible bringing the message of the Kingdom of God to everyone I meet and everywhere I go.

There is no greater gift than to “live fully, love wastefully, and to become all that God created me to be” as the image and likeness of Creative Energy and Productivity. The greatest gift I can bring is a fully actualized sense of my God-self. I must be ready and willing to share all I have and all I am with a humanity that appears to be in such need of the truth about Kingdom living in the eternal here and everlasting now. And so it is!!



Rev Dr Bill Ward  
Senior Minister

### Newcomer/Refresher Class

Wednesdays, 7pm

Taught by Rev Bill

This class is continuing.

Free—join in anytime!



**Poinsettia Sale**  
Help us decorate the sanctuary for the holidays!  
See signup sheet for info!

# 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 7:00 - 8:00 pm  
 w/ Rev Bill will be continuing

### 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: 1722 ~Oct 2014: 194

### NEW MEMBERS

~YTD: (4) ~Oct 2014: 1

### FINANCIALS

~YTD Income: \$91,079<sup>58</sup> ~Oct Inc: \$9,201<sup>89</sup>\*  
 \*(plus \$3,700 design<sup>to</sup> varied items)  
 ~YTD Expenses: \$95,852<sup>20</sup> ~Oct Exp: \$9,483<sup>63</sup>

### CHURCH PROJECTS

~New Roof Quote: \$50,000 ~Roof Repair Quote: \$4,000  
 ~Additional Parking Lot Lighting: Completed

### 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 Spiritual Center  
 3332 N Meridian Ave • Oklahoma City • OK 73112  
**Office:** 405.946.6753  
**email:** UnitedLifeChurchOKC@hotmail.com  
**Web:** www.unitedlife.org

**Rev Dr Bill Ward**  
 Senior Minister ..... 946.6753

**Rev Dr SuZ Ogden**  
 Music Director ..... 473.8828

**Jan Brown**  
 Administrator ..... 946.6753

### LEADERSHIP COUNCIL

Ray Reid, President..... 917.7573  
 Rick Wicker, Vice President..... 395.7191  
 Bob Williams, Treasurer ..... 354.3039  
 David Ackley, Secretary ..... 501.2201  
 Mary Grimes, In memoriam... You will be missed!  
 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

# November 2014

## United Life Spiritual Center

3332 N Meridian Ave, Oklahoma City, OK

www.UnitedLife.org • UnitedLifeChurchOKC@hotmail.com

# The United Life Messenger

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>2</b> 9:00 Discussion Group 10:00 Meditation 10:30 Celebration Service 11:30 BIRTHDAY CAKE! 11:45 Ed Team 6:30 Toning & Meditation		<b>4</b> 6:30 pm Substance Abuse Group	<b>5</b> 2:00 pm OKC Reiki 6:00 White Bison 6:30 Foundations 7:00 Newcomer/ Re-fresher Class w/ Rev Bill	<b>6</b> 1:30 Stewardship Team	<b>7</b>	<b>8</b> (come-n-go) 9am—12Noon <b>Creative Spirits</b>
<b>9</b> 9:00 Discussion Group 10:00 Meditation 10:30 Celebration Service 11:45 Choir Practice 12:30 LC Meeting	<b>10</b> 7:00 pm Toastmasters	<b>11</b> 6:30 pm Substance Abuse Group	<b>12</b> 6:00 White Bison Society for Wellbriety 6:30 Foundations 7:00 Newcomer/ Re-fresher Class w/ Rev Bill	<b>13</b>	<b>14</b> <b>6:30 Laughter Yoga</b>	<b>15</b> 11am OKC Reiki Energy Circle
<b>16</b> 9:00 Discussion Group <b>9:00 Choir Practice (before service due to potluck)</b> 10:00 Meditation 10:30 Celebration Service 11:30 POTLUCK	<b>17</b> 7:00 pm Toastmasters	<b>18</b> 6:30 pm Substance Abuse Group	<b>19</b> 6:00 White Bison 6:30 Foundations 7:00 OKC Reiki 7:00 Newcomer/ Re-fresher Class w/ Rev Bill	<b>20</b> 7:00 pm Sierra Club	<b>21</b>	<b>22</b> (come-n-go) 9am—12Noon <b>Creative Spirits</b>
<b>23</b> 9:00 Discussion Group 10:00 Meditation 10:30 Celebration Service 11:45 Choir Practice	<b>24</b> 7:00 pm Toastmasters	<b>25</b> <b>6:30 pm OKC Reiki [instead of Thursday]</b> 6:30 pm Substance Abuse Group	<b>26</b> 6:00 pm White Bison Society for Wellbriety 7:00 Newcomer/ Re-fresher Class w/ Rev Bill	<b>27</b> <b>THANKSGIVING DAY</b> <b>2:00 DINNER</b> (Bring a side dish & join us!)	<b>28</b>	<b>29</b> 11am OKC Reiki
<b>30</b> TBD—Choir Practice 9:00 Discussion Group 10:00 Meditation 10:30 Celebration Service 11:30 PANCAKES					Choir Practice most Sundays after service	UL-SC [winter] Community Garden "Garden Party" most Saturdays. Call Rick: 395.7191

# *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 Spiritual Center**

**3332 N Meridian Avenue**

**Oklahoma City OK 73112**

405.946.6753

UnitedLifeChurchOKC@hotmail.com

www.UnitedLife.org

ADDRESS CORRECTION REQUESTED

DATED MATERIAL



**8 THE INFINITE IN ME BRINGS NATURAL LIFT & INSPIRATION. IT LIVES IN MY DEPTHS & I TOUCH IT EVERY DAY.**