

# The United Life Messenger

*Enlightenment for Successful Living in the 21st Century*

Volume 19, Number 11

November 2015



United Life Center for Spiritual Living  
Oklahoma City

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

*Celebrating  
60 Years  
in OKC  
1955 - 2015*

## Celebration Service

10:30 am each Sunday

### November Theme

*Giving Up Being Right to Win  
the Greatest Prize!*

NOV 1 Gratitude

NOV 8 Certitude

NOV 15 Fortitude

NOV 22 Attitude

NOV 29 Magnitude



*Please join us for our annual Thanksgiving Day  
feast here at ULCSL, 2 pm the day of (26th)*

*We'll provide the turkey*

*Please call, email or use signup sheet in hallway  
to let us know how many in your group and  
what side(s) or desserts, etc., you'll bring  
(so we can plan accordingly)*

*Where ever you spend the holiday, we affirm a  
Happy Thanksgiving for you and yours!*

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**I APPRECIATE AND GIVE THANKS FOR THE MANY JEWELS OF MY DIVINE LIFE**

# The United Life Messenger

## The United Life Messenger

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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

Notes from the United Life Community Garden...

Come have some fun in our garden! You can help pick the tomatoes, pumpkins, butternut squash, green beans, black-eyed peas and spinach that are ready. Contact Rick at 395-7191 or Chereé at (918) 815-2302.

Join us most Saturdays for a Gardening Party!  
(or help anytime your schedule allows)

### It's Membership Renewal Time

If you're a current member and would like to continue being a member, please turn in a new, signed card in the way that's most convenient for you.

Thanks sincerely for taking care of this as soon as possible; it helps us greatly and keeps us from having to mail you a reminder!

### Get Your Ideas Noticed

There's still time to turn in the Ideas List (green sheet) that was sent out in October. We'd like your input on fundraising and other activities you'd like to see here at your Center. Let us hear from you!

### TREAT FOR 100: Join the 100 Club!

Treat daily for 100 or more people in attendance at United Life by the end of 2015. Sample treatment: "I celebrate and rejoice in the abundant flow of people seeking to know more about the God of abundance and Truth and who joyously attend United Life services as we allow God to be the instrument of growth working for the best and highest good for all concerned. I relax and know that God is growing in our midst as new and returning members fill the pews in the sanctuary to 100 or more attendees by the end of 2015. And so It is!!"

### Bookstore at ULSC

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

**Stop by for inspiration!**

**Nov Sale: 20% off of The Art of Life book**

### ULSC Healing Room

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

To reserve the room—  
Call: 946-6753  
email: info@unitedlife.org



### Monthly Birthday Sunday

Our current cake donor will provide the "Birthday Sunday" cake through December.

**We need a new cake person for  
January onward.**

Let us know if you'd like to  
contribute in this way!



## AFTER FURTHER REVIEW . . .

With the next two months of celebration upon us, let us begin to experience all the love we can muster with a phrase that goes something like this:

“Love is what built this Church... Come see what Love can build in and through you!!”

I was digging around to find something in one of the classes and the above thought just popped into my thinking. And, unlike so many forgotten phrases, I actually wrote it down. You know, it really is true about this church, its people, its philosophy, and its religion-ness (if that can be a word for now). I like that kind of coined phrase and “word” since it basically means that what we have put together in this church is an opportunity to actually apply the principles we say we believe and then call a demonstration. I do believe we are on the verge of accepting a few very meaningful things that will carry us through the next few months and beyond—provided we don’t succumb to the “relative, mundane, and material” world pressures to become suppressed, oppressed, and depressed until next spring.

We are launching into a brand new year carrying our rejoicing with us wherever we go for the things we have accomplished in the past year and now begin to enjoy what has been produced. And just what is it that has been produced that is of such value? Well, we managed to have a wonderful celebration of our 60<sup>th</sup> Anniversary of being a beacon of Truth on this hilltop experience that has undergone several name changes and yet we still consider ourselves to be “Religious Scientists”. I am certain it is only because we have a more difficult time saying we are “Science of Mind-ers” or “Center for Spiritual Living-ers” or even worse, “C-S-L-ers”. I suppose “United Life-ers” might fly, and maybe we don’t need a “handle” to get by on, or with. I just don’t know. I think I prefer becoming known as those “happy folks at United Life”, for indeed we are, for the most part.

We have accomplished quite a bit since we began changing a few things and getting a bit more modern in our presentation of our way of life and thought. We are having a few seminars along the way based on various books and we have had two foundations classes, an Emma Curtis Hopkins class, and a visioning class.

We have added a Thanksgiving Day meal to our events calendar for all who want to enjoy a great Thanksgiving meal with their spiritual family. And we look to adding some family evenings with games, popcorn and movies, and such, just to stretch our social calendars a bit to include the sojourners on our pathway.

What we have discovered is that if we are gathering for good reasons, we come away refreshed in our spirit for having come to the fountain of happiness and joy that is central to all our relational activities. We do lift each other up. We do love to love and then celebrate that love with everyone we can and it looks as though we have a really good thing for us here. Granted we can do more, and we will as we grow into our Good and begin to share more of our inherent goodness with all our friends, and loved ones. Truly love is the answer when it is where we come from and not something we think we have to find. Love is within, God is within, and the very Kingdom (residence) of God is within each one of us (Luke 17:21). Rejoice and be glad in this discovery and see where it wants to take us in 2016 and beyond.

Blessings and Thanksgiving for us all . . .

*Rev Dr Bill Ward*



Rev Dr Bill Ward  
Senior Minister

### CHRISTMAS EVE INSTRUMENTAL ENSEMBLE

Anyone who would like to participate in the small instrumental ensemble for the Christmas Eve service, please contact Rev Bill at (405) 684-3993 as soon as possible. Rehearsals are beginning now. Any questions, please call.



Dr SuZ Ogden  
Music Director

## From The Desk of Dr. SuZ

*“Pray without ceasing” This means to be always on the affirmative side of life. To pray without ceasing is to doubt never, but to always trust in the Law of Good. This inner communion is essential to the soul and natural to the mind. It is a constant recognition of our relationship to that Presence in which we live and move and have our being. “In everything give thanks” An attitude of gratitude is most salutary, and bespeaks the realization that we are now in heaven. How we love to do for those who co-operate with, and are grateful for, our small endeavors! Gratitude is one of the chief graces of human existence and is crowned in heaven with a consciousness of unity.*

~Science of Mind, pg 497, paragraph 1,  
Ernest Holmes

Dear Friends,

First of all let me acknowledge those of you that have planted and cared for the garden this year. I have had a fresh tomato every day this week. Not only did I enjoy the taste and flavor but it brought back great memories of my childhood and how we used to eat “from the land”.

Raised in Kentucky, we grew tobacco. It was a year-long endeavor for which we got paid once a year at the tobacco auction. I can still remember cutting tobacco even by a full moon when it had to be harvested. After a long day in the field, Dad and I

would work our way back to the old farm house knowing that Mom had been to the garden and picked some fresh tomatoes, boiled a few ears of fresh corn and made some of her great coleslaw. Always served with homemade bread. What a feast!

The tobacco crop had to be sold at auction in Louisville, KY, and Dad would take all us girls and sit us up on the tobacco crop. Guess he thought maybe he could get a better price if they knew he had mouths to feed. Mom and Dad would take us to the Blue Boar Cafeteria in Louisville to eat as part of our Christmas present—the only time we ever got to go out to eat. We could have anything we wanted but we had to eat it all... expensive to eat out, you know. We thought it to be heaven.

Perspective: now it is such a treat to eat home grown food. I seem to eat out more than I care to. Living alone and working the crazy schedule that I have, sometimes it is just easier to grab a bite and keep going. I am grateful as the tomatoes slowed me down this week and reminded me to cook at home a little more.

We have so much to be thankful for where we live. All of us have a roof over our head, food in our mouth, good health care, friends and the freedom to worship as we choose. I hold this truth as a vision for all on the planet.

The choir and I are writing down ten things we are thankful for every day. Please join us and continue to “Pray without ceasing.”

In Love, Grace & Gratitude,  
~Rev Dr SuZ



Our own **One Voice Choir**  
practices regularly

Please see Rev SuZ for details  
and let her know if you'd like to  
join!

## Leadership Council Communiqué

Dear Friends,

We are back from Italy, Mary and I, with many wonderful memories and photos. Perhaps someday we will be able to put together a slide show after we cull and sort our 700+ photos. We did a lot of gawking at masterpieces (paintings and sculptures) and old architecture and medieval churches; we bicycled through the beautiful Tuscan countryside; we walked a lot through narrow cobblestone streets; we sampled Tuscan balsamic vinegar, wines, cheeses and meats so we ate extremely well; we sampled the fare and ambiance in many picturesque sidewalk cafes; and enjoyed the company of our traveling companions. This was a once in a lifetime experience and we are extremely grateful for the opportunity to do this. This is surely not the end of our traveling adventures. We love the adventure of learning about new cultures, lifestyles, languages, landscapes and people and being surprised, and sometimes challenged, by every new experience.

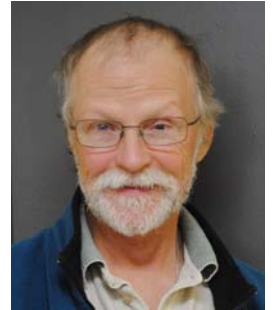
Now we are back, glad to be on home turf, with friends and family and eager to share our experiences. There are now fewer surprises; most everything is as we left it. The challenges are still there. We had to finish our tax returns and resume our duties and responsibilities. United Life is calling and we are part of an exciting adventure in building up the church membership (The 100 Club), improving our building and grounds, and providing more opportunities for growth and participation in the church community. The LC is working as one mind to bring these things to pass. In our last meeting we agreed on the following wish list of projects to be accomplished as the money becomes available: finish the Sanctuary improvements; construct a handrail and handicap access for the Sanctuary stage; install a security camera; increase handicap parking and repaint the parking lot lines; replace the accordion doors in the social hall; remodel the kitchen and

replace some appliances; make the building and rooms more rentable; paint the outside trim; paint the youth rooms and reorganize them; remodel and re-plumb the bathrooms; replace the solarium blinds; and remove clutter, plant trees, and improve the landscaping. To accomplish these goals, we will need everybody to help as both workers and financial partners. We raised over \$15,000 to update the Sanctuary lighting and audio/visual and we will need to raise money for the above goals. Stay tuned.

The LC is involved in several ongoing projects right now. The Member Directory is being put together. We are working on next year's Budget. We have started the selection committee for new LC members. We are posting on the bulletin board the minutes from the LC meetings plus a financial expense/income bar chart. We completed the Green Sheet Questionnaire (Ideas List) about potential activities and fundraisers (you can still complete and turn in to the book store). We are planning the Thanksgiving Feast and Family Night. (We're looking for a Coordinator for a continuing family night.)

Finally, don't forget to sign up for the weekly email blast, *The Week at ULC* (again see the Bulletin Board) to stay in the know. We also have a great website, [www.unitedlife.org](http://www.unitedlife.org), that is a great resource and a good place to send people who are interested in our church. We have a prayer request box and many Practitioners who are eager to support you with treatment and more. I have benefitted from using these services and believe that you will benefit as well.

Thanks to you all and I look forward to seeing you in church,  
Rick Wicker, LC President



**Rick Wicker**  
Leadership Council  
President

### Creative Spirits

We meet each 2nd & 4th Saturday @ Christine Baldwin's house.  
Please call her at: 943.0426 for directions.



### TONING CIRCLE

**NEW TIME!**

The singing bowl  
Toning and  
Meditation Circle  
now meets  
the **second Sunday** of  
each month at  
**5:30 pm**  
at United Life.

# *The* United Life Messenger

*(A message from Anna Otto, inadvertently not included in our October edition)*

*Dear Friends,*

*I want to thank everyone for all their efforts in making our Birthday Celebration such a great a success.*

*We had:*

- 121 participants sign in as they came in the door to attend the service and lunch*
- a lot of great food to share in a beautifully decorated social hall*
- an amazing historical pictorial presentation of the past 60 years*
- additional historical information displayed in the library*
- a representation of the evolution of our church building, including the blue-prints*
- and, great entertainment at the Talent show*

*None of this could have happened without the work of the "Steering Committee", which consisted of Deanie Wright, Rick Wicker, Chris VanZant, David Ackley, Mary Strasner, Gloria Cole, Bob Williams, Stephen Sisco, Ruth Koelsch, Jan Brown, Pat Lowry, Rev SuZ and Rev Bill. These people graciously met with me almost every Thursday evening to plan this event and then made it all happen.*

*Trying to get a complete list of everyone who came together to make this such a wonderful experience has been a challenge...unless I name EVERYONE in the congregation...and then some...and then I'd accidentally leave someone's name out. So, please forgive me for not making this more personal.....*

*THANK YOU, EVERYONE! It clearly "Takes a Village." I'm really grateful that you are my Village!*

*Now that we have this experience to draw from, let's see what we can become together!*

*Much love and gratitude to each of you,  
Anna Otto*

*over for Nov calendar →*



# United Life Messenger

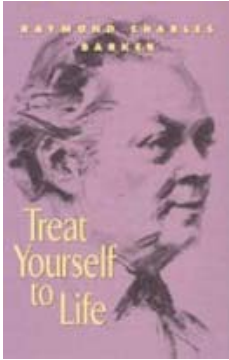
## November 2015

United Life Center for Spiritual Living—OKC

3332 N Meridian Ave. Oklahoma City, OK

www.UnitedLife.org • Info@UnitedLife.org

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>1</b> 9 - 11:30 Child Care 10:00 Meditation 10:30 Celebration Service 10:30 Youth Classes 11:30 BIRTHDAY CAKE! Noon Education Team		<b>3</b> 10am & 6pm Visioning Class	<b>4</b> 10am Foundations Class 2:00 pm OKC Reiki 6:00 White Bison	<b>5</b> 5pm Stewardship Team Meeting	<b>6</b> 6:30 pm Substance Abuse Group	<b>7</b>
<b>8</b> 9 - 11:30 Child Care 10:00 Meditation 10:30 Celebration Service 10:30 Youth Classes 12:30 LC Meeting 5:30 pm Toning Circle	<b>9</b> 7:00 pm Toastmasters	<b>10</b> 10am & 6pm Visioning Class	<b>11</b> 10am Foundations Class 6:00 White Bison	<b>12</b>	<b>13</b> 6:30 pm Substance Abuse Group	<b>14</b> (come-n-go) 9am—12Noon Creative Spirits 11am OKC Reiki Energy Circle
<b>15</b> 9 - 11:30 Child Care 10:00 Meditation 10:30 Celebration Service 10:30 Youth Classes 11:30 POTLUCK	<b>16</b> 7:00 pm Toastmasters	<b>17</b> 10am & 6pm Visioning Class	<b>18</b> 10am Foundations Class 6:00 White Bison 7:00 OKC Reiki	<b>19</b>	<b>20</b> 6:30 pm Substance Abuse Group	<b>21</b>
<b>22</b> 9 - 11:30 Child Care 10:00 Meditation 10:30 Celebration Service 10:30 Youth Classes Noon Practitioner Meeting	<b>23</b> 7:00 pm Toastmasters	<b>24</b> 10am & 6pm Visioning Class	<b>25</b> 10am Foundations Class 6:00 White Bison	<b>26</b> Thanksgiving Day Dinner @ ULC, 2pm	<b>27</b> 6:30 pm Substance Abuse Group	<b>28</b> (come-n-go) 9am—12Noon Creative Spirits
<b>29</b> 9 - 11:30 Child Care 10:00 Meditation 10:30 Celebration Service 10:30 Youth Classes 11:30 PANCAKES	<b>30</b> 7:00 pm Toastmasters					



## INTRODUCING . . . Dr. Raymond Charles Barker (1911-1988)

Dr. Barker opened the First Church of Religious Science in New York City in 1946, was President of the International New Thought Alliance (INTA) and a well-known minister, author and teacher throughout the New Thought movement. He had grown up in New Thought, being trained at the Unity Training School, and prior to his election as INTA president in 1943, was minister at the Unity Center in Rochester, New York. He was later to affiliate with the Church of Religious Science and became the leader of the First Church of Religious Science in New York City and president of the IARSC. But his deep interest in INTA never flagged. He was probably the youngest person ever to be chosen INTA president and was very enthusiastic about it and entered actively into the affairs of INTA. He served on committees, attended congresses, worked in regional groups promoted by INTA, and in general warmly supported INTA in its various activities. His classic book, *Treat Yourself to Life* is often used in Religious Science classes. Dr. Barker explains how to change the subconscious pattern through spiritual treatment. Some of his statements: "There are unfortunately a great many people with attractive surface attitudes but with the same old rubbish underneath;" "If you fail to direct your subconscious mind, it produces under a law of averages, and you are a nice, ineffective, sweet person;" "I call treatment mind surgery. It is the way in which you go into the subconscious, destroy old patterns and instill new ones."

The following are two excerpts of his work and style of treatment work from the first edition of the *Creative Thought* magazine, December 1954.

### What You Believe Happens . . .

No one has ever solved a problem by worrying about it. A repetition of negatives cannot create a positive. Yet, watch a worried person, and you will see him enmeshed in useless ideas that will have to be discarded before the solution appears. The past with its memory patterns is the millstone that hangs around the necks of most people. Jesus negated the past, affirmed the present in positive terms, and declared the future to be good. His way of thinking has improved the world. It can improve you. It is easy to think of the past, because it requires no new thinking. The ideas have already been alive once. But, to think ahead creatively requires your stepping out of accepted ideas. You have to make new friends in the realm of Mind. New ideas conceived guarantee new conditions to be perceived. Your immediate future is your present thinking made visible. You can only become what you now believe you are. Right thinking today about yourself is your only guarantee of right experience tomorrow. Affirm that you are a spiritual person receptive to God's Ideas, and let Life bring to pass the good you need and seek. It will do just that.

### I DISSOLVE ALL TROUBLES

**"The Lord is with you, you mighty one of fearless courage." — Judges 6 :12 (AMPC)**

The Lord is my shepherd; I cannot want for any good thing. Every idea I need to meet the problems of this day are already provided by the Mind of God. These ideas are already within me at the spiritual center of my being. I now turn to them and welcome them into my consciousness. They quicken me with intelligence and cause right action. The dissolving power of God delivers me from all confusion. His Love guides me aright. I act with wisdom and speak with authority. My mind accepts this word and acts upon it now. I set my thinking on Divine Ideas. I will not be delayed by worry, fear or suspicion. Before me is the right solution and I am steadfast in expecting immediate results. Today, my good happens. There is no law of delay, God's Law is the only law. I now give my full attention to the Presence, Power and Mind of God. I accept my freedom from all problems and rejoice in my demonstrations now. And So It Is!!



# The United Life Messenger

## WE ARE OPEN

### SUNDAY

Child Care	9 - 11:30 am
Meditation Service	10 - 10:20 am
Youth Classes	10:30 am
Celebration Service	10:30 - 11:30 am
Choir Practice	See Rev SuZ
LC Meeting	2nd Sun, 12:30
Toning & Meditation Circle	2nd Sun, 5:30 pm
Practitioner Meeting	4th Sun, 12Noon

### MONDAY

Toastmasters	7 - 8 pm
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### TUESDAY

Visioning Class (in progress)	10am & 6pm
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### WEDNESDAY

Foundations Class (in progress)	10 am - 1 pm
White Bison Society	6 - 8 pm
OKC Reiki Energy Circle	1st Wed, 2 pm 3rd Wed, 7 pm

### THURSDAY

Stewardship Team Meeting	Thu before LC Mtg
OKC Reiki Energy Circle	4th Thu, 6:30 pm

### SATURDAY

Community Garden (come-n-go)	8:30 am - Noon
Creative Spirits (come-n-go)	9:00 am - Noon (2nd & 4th Sat. at Christine's-call 943.0426)
OKC Reiki Energy Circle	2nd Sat, 11 am (OR 3rd & 5th)

## Keeping You in the Loop

### SUNDAY ATTENDANCE

~YTD: 1973      ~October 2015: 179

### NEW MEMBERS

~YTD: 11      ~October 2015: -0-

### FINANCIALS *(we affirm all our needs are met & exceeded)*

~YTD Income: \$ 91,048.43

~YTD Expenses: \$ 110,095.69

~October Inc: \$ 7,305.43

~October Exp: \$ 9,670.29

### 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

# *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

3332 N Meridian Avenue  
Oklahoma City, OK 73112

405.946.6753

Info@UnitedLife.org

www.UnitedLife.org

*Celebrating*

*60 Years*

*in OKC*

*1955 - 2015*

ADDRESS CORRECTION REQUESTED

DATED MATERIAL



I AM GRATEFUL FOR THE PEACE OF GOD THAT UNITES ALL PEOPLE IN ONENESS AND THE SPIRIT OF COMMUNITY