

The United Life Messenger

Enlightenment for Successful Living in the 21st Century

Volume 19, Number 10

October 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

October Theme

What I See Is What I Get!

OCT 4 Acorns and Eggs; Angels and Seedlings

OCT 11 Beloved Birthrights

OCT 18 Love of Money; The Root of All Good

OCT 25 Money is God In Action



*“What I See Is What I Get!”
is our theme for October.*

*Meet with us for Visioning at 9 a.m.
each Sunday this month.*

(See “Visioning”, pg. 2)

INSIDE THIS ISSUE

Events/Activities	2
Leadership Council Communiqué....	3
After Further Review (Rev Bill)	4
Ideas List	Insert
Calendar.....	Insert
Words to Watch Out For (Rev Bill)	5
From the Desk of Dr SuZ	6
Information & Support	7
Vision and Mission Statement	8

I ENVISION A LIFE BLESSED WITH LOVE, JOY, EASE, PROSPERITY & HEALTH

The United Life Messenger

Spirit
Team Leader

Jan Brown
Publisher/Editor

Our Loving Volunteers
Assembly/Mailing

Jan Brown
Rev SuZ Ogden
Rev Bill Ward
Rick Wicker
Contributors

Judy Leyrer
Rev SuZ Ogden
Chris Van Zant
Zane Wegrzyn-Van Zant
Nina Wegrzyn-Van Zant
Photographers

Published monthly by
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...

We have a fall garden now that includes pumpkins, butternut squash, spinach, black- & red-eyed peas, pole beans and green tomatoes (that we trust will soon be turning red; we haven't had tomatoes in a while since the weather hasn't cooperated) We'd be grateful for your help! If you would like to participate, see Rick or Chereé

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

Visioning Sundays, 9 a.m.

"How Life Visioning Affects Our Life Structures"

"Visioning is for those who are genuinely interested in breaking any agreements they have consciously or unconsciously made with mediocrity and replacing them with stability and excellence in what I refer to as our eight life structures: ego, belief, relationship, health, finances, livelihood, spirituality, and community"

~Rev. Michael Beckwith, D.D.

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! 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!!"



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!

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: 946-6753
email: info@unitedlife.org

Leadership Council Communiqué

Dear Friends,

The following was excerpted from our last weekly email blast, "THE WEEK at United Life", as written by Mary Strasner. Since I couldn't put it any better myself, I will let her words speak for me. She regularly does exemplary reporting about events, needs, and opportunities happening at our Center. I encourage you to sign up for this weekly email that contains the most current information and will keep you informed about what's happening at ULCSL. To sign up, send a request to:

theweekatulc@hotmail.com or sign up on the bulletin board outside the book store.

As I write this, we are in final preparations for taking our 17-day trip to Italia. It has been a busy and tiring day for both of us, Mary and I, but we are still talking and we're almost to the finish line. See ya when we get back, hopefully to a packed sanctuary.

Rick Wicker, LC President

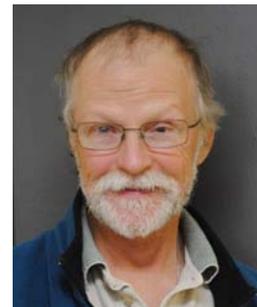
EDITOR'S NOTE: This is Mary Strasner. Usually I email around asking for contributions to this email. Usually I am NOT leaving for a 2-1/2 week trip to Italy in 5 days. So the content here is mine but I think it might reflect the sentiments of staff and community to say that our 60th Celebration was well done and a coming-together of so many helpful

hands, hearts, and minds! We followed through on: sprucing up our building and grounds, we reached out to invite over 600 former and current people, we pulled out wonderful history including making a fabulous CD of pictures through the years, we had a fun and musical service, we were entertained by our own and some new Barbershop friends at a Talent show, and we ate well! I say SUCCESS! I hope you are in agreement.

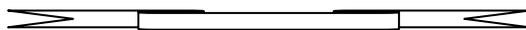
TREAT FOR 100:

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!!" **At our Celebration, we had 115 in service plus 5 in the nursery. So use that image to visualize what 100 plus will look like! Thank you for helping YOUR Center in this way.**



Rick Wicker
Leadership Council
President



Creative Spirits

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



TONING CIRCLE

NEW SCHEDULE!

The singing bowl Toning and Meditation Circle now meets the **second Sunday** of each month at **5:00 pm** at United Life.

AFTER FURTHER REVIEW . . .

Thirteen months have come and gone. We have experienced much together on this wonderful journey called our United Life Center for Spiritual Living. We have made some significant strides in our approach to the technological advancement of our service and our educational classes in that we now offer classes in metaphysics over Skype and Face Time and are working to master the need to be certain we are connected to the internet for every service. We are close to being able to offer DVD's of the various events and meetings and just recently celebrated our 60th anniversary last month. We are creating a wonderful coffee table pictorial review of that celebration and the Power Point presentation, so lovingly put together by Deanie Wright, featuring hundreds of photographs will be included as a CD "add-on" to that pictorial volume. We are well into the 70's in membership [including children], and while we have lost a few along the way, we are still growing largely because each member seems to really want our church to grow and prosper and become all that God has ever intended for it to become.

As congregants, as members of our New Thought Christian Community, we have begun to embrace each other in the Love that God has placed so firmly in our hearts. This is significant and a major shift in consciousness; a shift that dictates that even in some of the most difficult times we are able to overlook our human failings, and the stumbling and failings of others, in favor of the blessed eternity and sanctity of our individual souls and "generally" seek the higher ground. Oh there are still those who are hanging on to former philosophies

and practices. And for some often loud and abrasive aberrations, the majority of our magnificent membership simply considers their "divinity" and acknowledges where those individuals are on their pathway toward inner perfection and becoming loving outward expressions of God. This is the New Thought Christian way that establishes a healing presence for all concerned. We are good at doing this. We do love one another, and thus do we Love God and demonstrate that Love in every way possible. There is too much good in each one of us to entertain negativity of any kind and so we let each one of us be all God has intended us to be.

As we enter this final quarter of the blessed year of 2015, let us remember our commitments to the financial well-being of the church and especially any tax advantage we may have by donating to and participating fully in the activities of our center.

We need to get ready for the blessings of the great expectation quarter that lies before us, and a grand prosperous New Year of 2016.

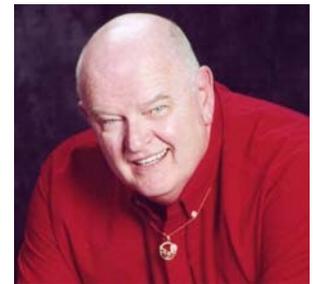
Let this Fall be a time of preparation for a great New Year ahead with all sorts of wonderful new vistas opening up before us.

God's highest and best for all of us is God's idea of Itself as the United Life Center for Spiritual Living.

[Please take a look at the *IDEAS LIST* and give us your input]

And so It is!!!

Rev Dr Bill Ward



Rev Dr Bill Ward
Senior Minister

Join us at 9am Sundays in
October for Visioning?
Let's see what we want to
create!

Art of Life seminar, part III

Sunday, October 18th,
after potluck

Everyone welcome!

The United Life Messenger

IDEAS LIST

(provided by Rev Bill)

Please indicate the items you would like to see us work on beginning this month. **Any and all ideas are welcomed, so feel free to insert others and turn in your list as soon as possible:**

- An Art Auction - one from an outside company with minimum involvement of the congregation. We do provide reception finger foods, wine and cheese and other hors d'oeuvres during the viewing of the artwork (price range to be determined by us), and make sure we have at least 100 people in attendance for the event.
- A Silent Auction - we all donate items and/or services to the event and we provide the wine and cheese, and other hors d'oeuvres for the event.
- Put on a play - The Fourposter, or a musical "The Fantasticks".
- Car Washes - to begin raising money for Summer Youth Camp 2016.
- Concert Series - Concert Pianist, Barbershop Chorus &/or Quartets, other local music groups.
- Contemporary Saturday Evening Youth Service - with a rock band and such to bring in some young people to this teaching.
- Create our own musical groups - a Brass Ensemble with flute, violin, and clarinet... We begin to train our own and perform a few Christmas pieces at Christmas Eve. Instruments are rentable at Larsen's and they have the beginning music we need to get started.
- A bell choir - ULCSL already has the instruments and I've seen pics of our adults playing those.
- Get a starter set of bells for the younger children to begin learning on and develop into a regular hand bell choir.
- We have the Thanksgiving Dinner for all of our spiritual family to attend and a Christmas Eve Service to create.
- Create a wonderful New Year's Eve celebration and have a Family Game and Movie Night or maybe a dinner, too.
- _____
- _____
- _____
- _____

October 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
				1	2	3
4 9:00 Visioning 10:00 Youth Classes 10:00 Meditation 10:30 Celebration Service 11:30 BIRTHDAY CAKE/ Noon Education Team	5 7:00 pm Toastmasters	6 10am & 6pm Visioning Class	7 10am Foundations Class 2:00 pm OKC Reiki 6:00 White Bison	8 5pm Stewardship Team Meeting	9 6:30 pm Substance Abuse Group	10 (come-n-go) 9am—12Noon Creative Spirits
11 9:00 Visioning 10:00 Youth Classes 10:00 Meditation 10:30 Celebration Service 12:30 LC Meeting 5 pm Toning & Meditation	12 7:00 pm Toastmasters	13 10am & 6pm Visioning Class	14 10am Foundations Class 6:00 White Bison	15	16 6:30 pm Substance Abuse Group	17 11am OKC Reiki Energy Circle
18 9:00 Visioning 10:00 Youth Classes 10:00 Meditation 10:30 Celebration Service 11:30 POTLUCK Art of Life seminar, part 3	19 7:00 pm Toastmasters	20 10am & 6pm Visioning Class	21 10am Foundations Class 6:00 White Bison 7:00 OKC Reiki	22	23 6:30 pm Substance Abuse Group	24 (come-n-go) 9am—12Noon Creative Spirits
25 9:00 Visioning 10:00 Youth Classes 10:00 Meditation 10:30 Celebration Service Noon Practitioner Meeting	26 7:00 pm Toastmasters	27 10am & 6pm Visioning Class	28 10am Foundations Class 6:00 White Bison	29 6:30 pm OKC Reiki	30 6:30 pm Substance Abuse Group	31

Words to Watch Out For By Rev Dr Bill Ward

Here we are again in a wonderful place in consciousness wondering if that is enough; if I am enough; if what I am doing is truly enough. Isn't it strange that we can intellectually "know" something and at the same time reject its validity for ourselves? Oh, we say it is "OK" for someone else and we often extend our praise to others without reservations and without holding back in our assessment of someone else's accomplishments. Somewhere in the midst of all this "growing up" we tend to cover up, we hold back, reserve the "right" to exclude ourselves from the blessings of life that we were ever meant to experience.

I believe it is time to banish the word "enough" to the nothingness from whence it came and which it represents and declare over ourselves, our families, our health, our finances, our relationships and all humanity that "I am through with ENOUGH! Enough is enough!!"

In 1993 I traveled to Calgary (pronounced Cal - Gary), Alberta, Canada, for a Barbershop Chorus and Quartet Convention over the 4th of July weekend. I was singing in a chorus that took 7th place that year and the other Illinois chorus was there - The New Tradition Chorus of the Northbrook, Illinois Chapter of the Barbershop Harmony Society. I witnessed that chorus win the second place medal - a silver medal - and I thought they were ecstatic to have reached that level of singing, and I thought they were wonderful.

In 1994 at Pittsburgh, The New Tradition again took the silver medal. Again in 1995 in Miami, they won the silver medal and missed the gold by 2 points. Then, in 1996 in Salt Lake City, another silver. Another silver in 1997 in Indianapolis; 1998 I joined the New Tradition and in Atlanta won another silver; then another silver in Anaheim where they lost the gold by one point, and the eighth silver came in Kansas City in 2000. By this time it was really getting to be a struggle to keep on taking second place every year. Someone started saying over and over "Eight is Enough", after the TV series by the same name starring Dick Van Patten. As the year progressed and the theme got stronger, the next contest package began to come together and in 2001, at Nashville - we finally won the gold medal.

Just as with The New Tradition Chorus - we can say "Enough to Enough" and begin to live the life we have always dreamed of - one of opulent abundance, magnificent health, joyous work with huge benefits and cash flow, and all while basking in the beauty of loving relationships.

Let's relax, breathe and take to heart the real reason we are here on earth. We are here to perfect celebrations, to dance and sing and play with abandon, and to truly live as the beloved of God and children of the King of Glory who has given us all we could ever wish for, or hope for. "Enough" is the denigrating principle designed to keep us wanting and acting like beggars rather than standing tall and straight and demanding the Good and only the Good that is ours to have, to hold, and to enjoy. So right now, I am open to receiving all the Good God has in store for me with my name blazoned on it all in the correct sizes, styles, and in perfectly brand new condition. Nothing used; nothing hand-me-down; just all mine in perfect divine right order. I now receive all the Good and ever more that God, my Liege-Lord and King willingly provides for me today and every day of my life. I give thanks that this is so. I rejoice in perpetual overflow of Good in all areas of my life.

And so It is!!!

The United Life Messenger

From The Desk of Dr. SuZ

(Reprinted from a 2010 newsletter edition)



Dr SuZ Ogden
Music Director

*I don't need to know where the wind blows,
God knows.*

*I don't need to know what the future holds,
God knows.*

*I need never know how pain ends,
how my heart mends,*

I can just let go, cause God knows.

Dear Friends,

This is the chorus from the song, *I Don't Need To Know*, written by my friend, Daniel Nahmod. I even recorded this song on [one of my CD's] and as I listened to the lyrics today I realized how very much I needed to remember these truths. Being an old controller at heart, it is hard to always remember that everything is always in divine right order. I get frustrated, irritated and even angry sometimes dwelling in the unknown. I am truly grateful for this philosophy of love that has been taught in and through all the great teachers and grateful for this spiritual home and family to practice it with.

Listen to some of your favorite new thought, positive music and fill yourself up with some truth today about what a magnificent human being you are and how wonderful life really is.

In Love, Grace & Gratitude,
~Rev Dr SuZ

PS My favorite quote for this month is, "What you are ~~???~~thunders so that I cannot hear what you say" ~Emerson



New



Choir Members
Welcome!

Our own **One Voice Choir**
practices regularly

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

The United Life Messenger

WE ARE OPEN

SUNDAY

Visioning	9:00 am
Youth Classes	10:00 am
Meditation Service	10 - 10:20 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 pm
Practitioner Meeting	4th Sun, 12Noon

MONDAY

Toastmasters	7 - 8 pm
--------------	----------

TUESDAY

Visioning Class (Closed)	10am & 6pm
--------------------------	------------

WEDNESDAY

Foundations Class (Closed)	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: 1794 ~September 2015: 255

NEW MEMBERS

~YTD: 11 ~September 2015: -0-

FINANCIALS *(we need your help, please)*

~YTD Income: \$ 83,743⁰⁰

~YTD Expenses: \$ 97,439⁶¹

~September Inc: \$ 10,686³¹

~September Exp: \$ 11,731⁰⁵

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 ALL OF THE LOVE IN MY LIFE