

The United Life Messenger

Enlightenment for Successful Living in the 21st Century

Volume 18, Number 7

July 2014



United Life Spiritual Center

A Church of Religious Science
in Oklahoma City



Joyfully Expressing Spirit

Celebration Service

10:30 am each Sunday

Theme for June:

REFLECT & REPLENISH

06 July: Rob Riggs, RScP, Ret.

What We Believe

13 July: Christine Spretnjak

OKC School of Metaphysics

TBA

20 July & 27 July: Rev Dr Bill Ward

◆ *Your Needs Hiding in Plain Sight*

◆ *Capturing the Founder's Fire*

Rev Bill will be in the area the 20-27th

and possibly a bit beyond the 27th.

Please plan to be a part of his visit.

You'll be glad you did!



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Join us on Birthday Sunday, July 6th, for an Ice Cream Social and Game Time following! Don't forget to bring a sack lunch, too!

The United Life Messenger

The United Life Messenger

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Now 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 put spiritual law into physical form!

Come, see what's up. Contact Rick Wicker: 395-7191

Join us most Saturdays, for a Gardening Party!

It's time to help something grow!

STAY IN THE LOOP!!

United Life (Public) Directory/Phone Tree

Give us permission to include you and whether you prefer members to contact you via phone, email, or text!

Sometimes we miss someone, and want to check in, see how they are doing. If the weather is questionable, we want to pass along information about Sunday services, make sure people are safe, and find out if anyone needs help.

And if there is special news during the week, we would like to let you know!

We look forward to adding you to the Directory.

If you would like to be included in this directory, let us know by phone (405.946.6753), email (UnitedLifeChurchOKC@hotmail.com), or by signing up on the bulletin board at United Life.

BOOK REVIEW(S)

Voluntary Simplicity by Duane Elgin

Reviews compiled from online sources by Stephen G Sisco

I am Stephen G Sisco, the one with the crooked cane. I have been collecting and writing short book reviews for our church's library and have been asked to produce some longer reviews for *The Messenger*. I will also be doing Reviews of Metaphysical and Positive Message Movies. For movie reviews I will have watched the movie and the review will be original. For books, I will both write original and go online to find reviews—the latter of which is the case below for **Voluntary Simplicity** by Duane Elgin. One favorable and one critical review.

By Quaker Annie (favorable review)

This review is from: *Voluntary Simplicity: Toward a Way of Life That Is Outwardly Simple, Inwardly Rich* (Revised edition) (Paperback)

This book, a gift from a friend, was a simple read - I am surprised by some of the reviews that confuse the thoughts in here with Marxism, since I didn't find much of that. In fact, Elgin's book is filled with quotes from world religions, citing the reasons we truly need to live a simpler life. I sat reading this book, surrounded with my

Cont. on pg. 5

Leadership Council Communiqué

Dear Friends,
Summer is in full swing and so are activities at our wonderful Center.

As most of you already know, Rev Michael tendered his resignation effective June 21st. We affirm that was the perfect unfolding for everyone involved.

Please know that it is our intention to have a “rebuilding/healing” minister here very soon and we are already taking steps in order to place a new minister as quickly as possible.

For the selection process, this time we’re trying something new in order to attract our minister. The process will go much faster and the congregation will be more involved in the selection process. Each time we have someone speak, ministerial or otherwise, there will be a survey regarding whether or not you’d like to continue hearing that person. Your positive input— (“Yes, I want to continue hearing...”) particularly for a minister—is the deciding factor on whether or not we’d move ahead with negotiations to have them come on board and show us what they can do.

When we do select someone, if they build our church then maybe they will stay for

quite some time. If not, we start searching again.

Please attend our Sunday services and be a part of the selection process.

Our first possible candidate, Rev Dr Bill Ward, will speak on Sundays July 20th & 27th in addition to being in our area during weekdays that week. Depending on how things go, he’s open to staying a bit beyond the 27th if we’d like him to.

Please make a point of coming to hear him and visit with him to see if he’s someone you’re drawn to to be your minister.

His visit coincides with our Town Hall Meeting on the 20th and he’s keen to visit with us during that time, too.

Remember also that our Ice Cream Social and game time is on Birthday Sunday, July 6th. Please join us for sweets and socializing after service.

I am honored to share and celebrate this life with each and every one of you.

In Love & Appreciation,

~Ray Reid
Leadership Council President



Ray Reid
Leadership Council
President

“All of the power of the universe is with you. Feel it, know it, and then act as though it were true.”

Ernest Holmes,
The Science of Mind,
pg 302

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

Normally meets each 2nd & 4th Saturday.
~On hiatus for July; will return in August.~
Come and go as you wish, from **9 am to 12 noon** at United Life. Bring your own creative activity and socialize with like-minded people. Everyone is welcome!



From The Desk of Dr. SuZ

Wow! Another month has flown by already—a half year spent. Having read my article last month, you must know I have been going through a lot of change. Just when I thought I had a handle on it, the ball dropped. All of a sudden the wonderful new job I had taken was null and void. Speaking of feeling out of control. It was like, “whoops, what just happened here?”

Let me share that there definitely was a divine presence watching over me everyday as I had tried so hard to get settled in Wichita. I looked at a travel trailer, a motor home, several apartments and even thought of purchasing a home there. Here I was about to go into my fourth week of not having a permanent place to live—and if you know anything about us cancers, we surely do like having a home. I was determined on Friday that come Monday I would find something somewhere to call my own. The owner of the company called me on Saturday and I could tell in his voice he was in as much shock as I was. The bigger company was downsizing and had decided to no longer have someone run the route to Wichita. All I can say is, Praise God I could not get any of the above situations to fall into place. Reminds me of a saying I once heard: If you wanna make God laugh, make a plan.

I will be taking a few, way-past-overdue Sundays off this summer and I am glad to say that Andy Grall will be here to fill in on piano. He is fun and I know will be welcomed by all of you.

I want to thank beloved Port Williams for singing on Father’s day and for joining our wonderful choir to perform for my dear friend Rev. Sandra Jean. The dedication of our choir is inspiring. We will jump back on the rehearsal wagon come fall.

Meanwhile, Nina, Joan and I will be in much preparation for the State Fair. Sure love those two nice girls. We will let you know the dates and times of our performances.

Congratulations to Joan Ackley on her new CD’s. She is having a CD release party July 14th. Check her Facebook page for details.

Once again I say, Wow! It is summer. Live a little, enjoy, be the presence of love everywhere you go.

Keep a song in your heart and sing it everyday. As the picture says, “Relax, nothing is under control”.

I love you all a bunch.
~Rev. Dr. SuZ

PS After writing this article last Friday my boss called and said, “You are not going to believe this but they have decided to leave the route as-is for now”. I think the universe knew how much I loved what I was doing so it decided to give me my adventure back. All I could say to my boss was “Praise God”. God is sooooo good. Wow!



Dr SuZ Ogden
Music Director

MUSIC NEWS!

The Choir is taking a well deserved break.

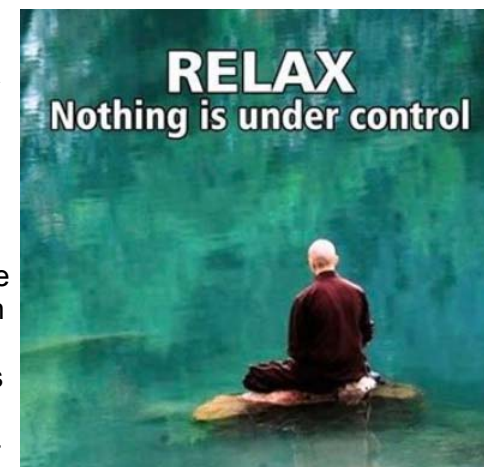
Rev SuZ will let us know when they’re starting up again!

Joan’s having a CD release party July 15th at a location in the Plaza District in OKC!

Check out her FaceBook page for details. She’s on YouTube, too. Fun stuff!

Rev SuZ is also taking a well deserved break. Andy Grall, another talented musician, will be here to help us out during her absence.

My faith has deepened greatly and once again in my life I get to know for a fact that there is a divine presence that watches over me and protects me. I know that to be the truth for each of you. I am so grateful for this reminder.



BOOK REVIEW(S), from pg 2

Voluntary Simplicity

stacks of books and clothing - "things" I do not need but want - and can afford to get. Halfway through reading, I felt supported in my firm desire (and so far feeble efforts) to continue unloading my home of excesses while downsizing my "wants."

Elgin offers this support in a gentle and convincing way - he offers no directions, for he says "Because simplicity has as much to do with each person's purpose in living as it does with his or her standard of living, it follows that there is no single, "right and true" way to live more ecologically and compassionately."

His goal is to move his readers to live more simply because it makes more sense, not because we are told we 'should' do so, or because it is a trend. He hopes to move us from within.

He offers compassionate, thoughtful reasons to live with less "things." He also gives a history of simplicity's roots - using thoughts from a diversity of views: Christian, Eastern, early Greek, Puritan, Transcendental, and (one of my favorites, of course!) Quakers. He recalls an experience he

had with Elise Boulding, a well known Quaker, which helped move him more toward voluntary simplicity (worth reading the book just to experience this with him.)

It makes more sense, according to Elgin, for the good of the planet, of other human beings, of our children's future, of our own quality of life, now. And the reasons are many - not economical OR spiritual OR environmental OR community - but any and all of those (a reader can focus on one that moves the individual)

By "tonka66" (unfavorable review)

This review is from: Voluntary Simplicity: Toward a Way of Life That Is Outwardly Simple, Inwardly Rich (Revised edition) (Paperback)

Elgin has been hailed, by some, as a guru of the simplicity movement, yet I was disappointed with the content of this book. He attempted to give a philosophical framework for the movement and did a good job exploring the possibilities of this type of lifestyle.

Yet, I found his philosophical examination of "religions" and the human condition to be lacking. He did a poor job of relaying the true messages of different spiritual pathways, and instead twisted them to match the simplicity movement. Furthermore, his attempts at showing what the simplicity movement will result in are at times accurate, yet often they are mere speculation. Elgin assumes that simplicity provides that satisfaction that the soul longs for, which simply isn't true. Simplicity can relieve stress, help our ecology, and help us live a more conscious and fruitful life. But ultimately, the soul longs for more than simplicity, decluttering, developing community and having more time.

I think this book would have hit the mark if the author would have spent less time trying to over-simplify the spiritual pathways of the world, and instead given us more practical examples of the voluntary simplicity movement. More "how-to's" and less philosophy.



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

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

THURSDAY

Sierra Club: 3rd Thu, 7 pm

SATURDAY

Most Sats.—Community Garden 9:00 am
Creative Spirits (come-n-go): On hiatus-July
OKC Reiki Energy Circle: 2nd Sat, 11 am
(OR 3rd & 5th)

Advertise with us Today!

→
Good advertising attracts
New Business &
Customers

Ads must be submitted in
Microsoft Word
97-2003/2010 format
with camera ready art.
All images and artwork are
only \$15 each.

Data and artwork MUST
be submitted on
CD/DVD/USB Key or
via email

Pastoral Care
If you know of someone in
need of care or prayer,
please contact the church office

UnitedLifeChurchOKC
@hotmail.com

The United Life Messenger

Quarter Page
Ad

\$ 75

Business Card
Size Ad
\$ 25

Place Your Ad
HERE
\$ 25

PLACE YOUR BUSINESS

NAME & AD HERE

HALF PAGE AD

\$150

COMPARE OUR PRICES

I REMOVE ALL THOUGHTS OF OBSTRUCTIONS AND LIMITATION; NOW I AM FREE TO LIVE LIFE FULLY.

Reach Out to Your Practitioners!

Practitioners are available
for Spiritual Mind
Treatment by
appointment and after
our Sunday services.

GENERAL INFORMATION

MAILING ADDRESS & ADMINISTRATIVE OFFICES

United Life Church of Religious Science
3332 N Meridian Ave • Oklahoma City • OK 73112

Office: 405.946.6753
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Rev Dr SuZ Ogden

Music Director 473.8828

Jan Brown

Administrator 946.6753

LEADERSHIP COUNCIL

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David Ackley, Secretary 501.2201
Mary Grimes, Trustee 203.1119
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Christine Baldwin, RScP 943.0426
Scott Bryden, RScP 205.0916
Dorothy Danen, RScP 826.1935
Rev Nancy Morris (Emeritus) 373.3617

Bookstore at ULSC

We have many new 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.

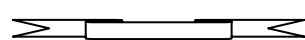
To reserve the room,
call the office (946-6753)



Discussion Group Sundays, 9am

Open to everyone
No attendance requirement
Materials provided

PLEASE JOIN US!



June 2014

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

July 2014

United Life Spiritual Center
 3332 N Meridian Ave, Oklahoma City, OK
 www.unitedlife.org • UnitedLifeChurchOKC@hotmail.com

August 2014

S	M	T	W	T	F	S
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6 Ice Cream Social/Games 9:00 Discussion Group 10:00 Meditation 10:30 Celebration Service 11:30 BIRTHDAY CAKE! 6:30 Toning & Meditation	7 7:00 pm Toastmasters	8 6:30 pm Substance Abuse Group	9 5:00 pm Monthly Practitioner Meeting 6:00 White Bison Society for Wellbriety	10 6:00 pm White Bison 7:00 OKC Reiki	11	12 On hiatus-July Creative Spirits 11am OKC Reiki Energy Circle
13 9:00 Discussion Group 10:00 Meditation 10:30 Celebration Service 12Noon Leadership Council	14 7:00 pm Toastmasters	15 6:30 pm Substance Abuse Group	16 6:00 pm White Bison 7:00 OKC Reiki	17 7:00 pm Sierra Club July meeting @ Lake Arcadia (NOT ULSC)	18	19
20 9:00 Discussion Group 10:00 Meditation 10:30 Celebration Service 11:30 POTLUCK	21 7:00 pm Toastmasters	22 1:30 pm Stewardship Meeting 6:30 pm Substance Abuse Group	23 6:00 pm White Bison Society for Wellbriety	24 6:30 pm OKC Reiki	25	26 On hiatus-July Creative Spirits
27 9:00 Discussion Group 10:00 Meditation 10:30 Celebration Service	28 7:00 pm Toastmasters	29 6:30 pm Substance Abuse Group	30 6:00 pm White Bison Society for Wellbriety	31 Sun July 6th Birthday Sunday Ice Cream Social & Game Time!		ULSC Community Garden "Garden Party" most Saturdays call Reiki: 395.7791

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.

United Life Church of Religious Science

A CENTER FOR SPIRITUAL LIVING

3332 N Meridian Avenue
 Oklahoma City OK 73112
 405.946.6753
 UnitedLifeChurchOKC@hotmail.com
 www.UnitedLife.org

ADDRESS CORRECTION REQUESTED

DATED MATERIAL

8 I AM WILLING TO GROW THROUGH THE CHANGES IN MY LIFE, KNOWING THAT ONLY GOOD IS AHEAD FOR ME.

