



# Wings of Truth

Volume 19 Number 2 February 2010

April Kain-Breese, Editor  
Cindi Cousineau, Editor

## Our Vision and Mission:

Unity Church of Christianity is a welcoming, inclusive, loving spiritual community where we practice and demonstrate a positive metaphysical approach to spirituality through affirmative prayer, healing, inspiration, education, fellowship, and service.

## Daily Self-Defense

Hi Friends,

Do you have a self-defense strategy? No, I'm not asking if you lock your doors at night, take your vitamins, or drive your car defensively. I'm talking about daily prayer work. Do you take some time each morning to meet your fears and concerns with prayer? Early New Thought students and teachers knew the importance of this practice. For example, H. Emilie Cady, author of *Lessons in Truth* wrote these denials and affirmations, which taken together constitute an effective "treatment." Whether you adopt these or write your own, you will find it helpful to have an overarching "statement of being" that you can read or speak to yourself daily. If you do this consistently for a few weeks, you'll find that you have memorized truths that you can draw upon anytime, and that you are less susceptible to negative suggestions when they arise.

### Four Denials

There is no evil (or devil).

There is no absence of life, substance, or intelligence anywhere.

Pain, sickness, poverty, old age, and death cannot master me, for they are not real.

[This statement pertains to the absolute *spiritual* truth and is not meant to deny that challenges exist in our *human experience*. AKB]

There is nothing in all the universe for me to fear, for greater is He that is within me than he that is in the world.

### Four Affirmations

God is life, love, intelligence, substance, omnipotence, omniscience, omnipresence.

I am a child or manifestation of God, and every moment God's life, love, wisdom, and power flow into and through me. I am one with God and am governed by God's law.

I am Spirit, perfect, holy, harmonious. Nothing can hurt me or make me sick or afraid, for Spirit is God, and God cannot be sick or hurt or afraid. I manifest my real Self through this body now.

God works in me to will and to do whatever God wishes me to do, and God cannot fail.

Best wishes as you practice your daily prayer work. Let me know how it goes.

I behold the Christ in you!

April Kain-Breese, Spiritual Leader

**WE BELIEVE IN THE POWER OF PRAYER**  
*Write or call us about any prayer need and we will pray with you. All prayer requests are treated with reverence and confidentiality.*  
*Or for prayer 24/7, you may also contact Silent Unity at 1-800-669-7729 or go online at [www.silentunity.org](http://www.silentunity.org)*

**SUNDAY SERVICES**  
8:30 am and 10 am  
Sunday School 10 am  
Youth of Unity 10 am

**OFFICE HOURS**  
9am—3 pm  
Tue-Wed-Thu  
Hours subject to change—  
please phone ahead.  
920-739-4823

**ADDRESS OR EMAIL CHANGE?**  
*To continue to receive the news, please email us at: [unitychurch@unityofappleton.org](mailto:unitychurch@unityofappleton.org) Or call us at (920) 739-4823*

## Birthdays—February

**1st Bedford Hines**  
**10th John Deising**  
**18th Emily Ilg**  
**25th Laura Roy**  
**27th Wenda Winkler**



## Community Outreach

John and Cary Polakowski have volunteered to head up our February Salvation Army Food Drive.

In the month of February, our church will be 1) prayerfully affirming abundance of nourishment and 2) collecting non-perishable food items and/or money to support the food pantry at the Salvation Army. Bring your non-perishable food items to the church. Please be sure that all items are within shelf-life. Your checks are also very welcome; please make them payable to Unity Church of Christianity, put "Salvation Army" on the note line, and enclose your check in an envelope marked "Contribution for Salvation Army Food Drive" or similar.



## Welcome New Members!

We welcomed four new members on January 31st: from the left are: Bev Matheys, Cary and John Polakowski, and Jim Haskins.

## Women's Gathering 2010

The group will continue to meet on the third Friday of the month at 7:00 PM but will now always meet at Unity Church rather than at a rotation of participant's homes. We hope this will invite more women to participate in a comfortable and familiar setting.

For the remainder of winter/spring the women will be reading from the book "Forgiveness" by Gerald Jampolsky. There is no need to purchase a book as it will be read from each month during the meeting followed by discussion of the excerpt. The church hopes to see many more woman in the upcoming months.

## What's Happening?

### Annual Meeting

If you haven't already, you must return your green membership card (or email the church office) in order to retain voting privileges at the annual meeting. Note, If you have joined in 2009, there's no need to return a card.

The **Annual Membership Meeting will be on February 7, 2010, at 11:30 AM.** We will elect new Board members and set our intentions for 2010 and discuss a name change.

### Y.O.U. News

We will be serving home made chili for \$3 for all you can eat plus a dessert at the Annual Membership Meeting on Sunday, February 7th!

### Unity Supports Haiti Relief Effort

Members of our congregation recently contributed \$1,000 for Haiti Relief. Thank you for your generosity! We continue to support in prayer all of those who have been affected by the earthquake.

## Notes from the Board of Trustees

Jan. 21, 2010

The Board approved the 2010 Budget. Unity is operating in the black with a balance of \$4,046.22 in December and \$3,606.11 for 2009.

Agenda set for Annual Membership Meeting Feb. 7, 2010 with Y.O.U. Chili luncheon fund raiser.

Volunteers are needed for many exciting 2010 projects.

Healing Series begins Jan. 30<sup>th</sup>

New Member welcoming Jan. 31st

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### Nominees for Board of Trustees

**Bedford Hines.** I've been attending Unity since the middle of the 1990s, and I have been a member for approximately five years. I'm a long time student of A Course In Miracles and have been interested in spiritual matters from a metaphysical or nontraditional perspective for even a longer time. I have been a practicing psychotherapist with a spiritual bent for over 35 years--all in the Fox Cities. As the former executive director for 18 years of what is now known as the Samaritan Counseling Center and an ordained clergyman I have been in leadership positions of this and other organizations over the years. Currently, I am a partner in the Wellness Counseling Center and the Treasurer of the Board for Unity. I've been on the board for the last three years or one full term.



**Linda Nett-Duesterhoeftl.** I have been attending Unity with my family for the past eight years, and been a member for seven. I have taught the Unity Youth, and been a Youth of Unity sponsor for the past 17 months. My professional work involves using biofeedback to treat various stress related health issues. For thirty years I have been working as an occupational therapist at St. Elizabeth Hospital whose mission is to carry out the healing ministry of Jesus. I have been a life student of world religious studies, from Catholicism to atheism, to Hindi, Buddhism, Taoism, Native American practices, Sikhism, and my personal path is the practice of Surat Shabd Yoga. I have served on the Board for the past year and felt privileged to be in the company of the Board members who are loving, devoted, and positive in mind and spirit. I would be grateful to return to the Board to fulfill a two year term.



**Celeste Holly** is a Wisconsin native, who currently lives in Appleton. She has been married to her husband Hugh for the last 30 years, has four grown children and three yorkie-poops. For the last nine years she has been employed fulltime at Lawrence University as an academic records assistant. Celeste has a passion for beading which has allowed her to discover how creativity provides joy and inspiration for herself and for other people. She is developing her own business of creative jewelry making and bead classes. Celeste loves participating in local art fairs, enjoying the atmosphere and excitement associated with working with other artisans and selling her beautiful jewelry. The Unity Church of Christianity has been a wonderful divine space for her to grow spiritually since 2001. Unity has provided spiritual inspiration and a divine space to discover her spiritual purpose of providing prayerful healing and creative expression for herself and others.



## Opportunities to Grow

There are many ways to grow and serve in Unity!

**Greet with Love.** Get to know Unity folks and welcome first-timers to our services and other events. Openings exist for Sunday services at 8:30 and 10:00. Typical commitment would be once a month (or more if desired).

**Platform Assistant.** There is no audience more supportive than our Unity community! Minister to others by assisting with the 10:00 service. Pray with April before the service, present a brief spiritual inspiration of your choosing, read the announcements and the Daily Word. Typical commitment would be once a month.

**Teach Our Children.** If you would like to grow with our children, sign up to teach one Sunday a month (or more). We are receiving inquiries about Sunday school for ages 7-13! Why not answer the call to serve our youth? Interested? Curriculum and training will be provided!

**Prayer and Care Team.** Pray with those who request prayer, keeping all requests in sacred confidence. Meet monthly.

**Fellowship.** Help with special events, such as annual church picnic, potlucks, and other fun activities.

**Library Assistant.** Positions are available for about 15 minutes after each Sunday service, at 9:20 and 11:00. Learn how to use the library catalog and check-out system, how books are arranged, and help folks find what they need. Training will be provided. Typical commitment would be once a month (or more).

**Help with Healing Series.** Are you interested in healing? Would you be available once a month to host the Sat. a.m. healing series? April would appreciate your presence to help with (for example) welcoming the speaker, setup, greeting people as they arrive, passing out literature, and receiving the love offering.

**Newsletter Editor.** Do you like to get the news out? Do you know how to use Microsoft Publisher, or are you willing to learn? There is an opportunity to edit our monthly newsletter, *Wings of Truth*, which goes out electronically to about 200 folks every month.

## COMMUNITY ANNOUNCEMENT:

This event will be held at Unity Church of Christianity. As a reader of *Wings of Truth*, you may be interested in attending.

### Focusing Introduction:

- **Would you like a way to sort out emotional reactions so they make sense and release?**
- **Do you want to become a compassionate listener to yourself... and others?**
- **Would you like to know how to make choices and respond to life as your whole self?**
- **Do you want to do all this by learning a skill that you can use over and over with all the issues of your life?**

Focusing is a mode of inward bodily attention that most people don't know about yet. It was first developed in 1960-early 70s by Eugene Gendlin and others in Chicago, following on work with Carl Rogers and Richard McKeon. See ([www.focusing.org](http://www.focusing.org)) for more information.

Donna Janus and Wendy Siracusa will present an Introduction to Focusing on Saturday, February 13 from 1-3 PM at Unity Church in Appleton. Donna and Wendy have been focusing partners for 7 years. The workshop is free but donations are requested to give to Unity Church for use of the space.



*Please plan to attend Dawn Spangenberg's "Healing with Color" presentation and consider posting the following page at your workplace or other high traffic location. This is part of a Focus on Healing Series sponsored by Unity Church.*

# **Dawn Spangenberg**

Owner *New Beginnings by Dawn*

Holistic Interior Designer and Feng Shui Practitioner

## **Focus on Healing with Color**

When: Saturday, Feb. 27, 2010      10 a.m. – 12 noon

Where: Unity Church of Christianity

1800 S. Lawe Street, Suite 400, Appleton

Free\* and Open to the Public

How do you react to color? Color has vibration and each individual reacts to that vibration differently. Learn how color affects your health and well-being!



For further information:

[www.unityofappleton.org](http://www.unityofappleton.org) or 920-739-4823 (T, W, R only)

[www.newbeginningsbydawn.com](http://www.newbeginningsbydawn.com) or 920-851-8815



# FEBRUARY 2010

Sun.Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	
7 8:30 & 10 AM "Love One Another" ANNUAL MTG. Y.O.U. Meets	8 9	10	11	12	13 1—3 PM Focusing Program here	
14 8:30 & 10 AM "Turn On Your Heart Light" 11:30 Mastermind	15 16	17	18 6:30 PM Board Meeting	19 7 PM Women's Gathering	20 8:30 AM Men's Group 10:10 AM Prayer Ministry	
21 8:30 & 10 AM "Give It Up for Lent" 11:30 Mastermind	22 23	24	25	26	27 10 AM—Noon Healing with Color	
28 8:30 & 10 AM "What is Healing?" Y.O.U. Meets						

Unity Church of Christianity  
1800 S. Lawe St., Suite 400  
Appleton, WI 54915  
(920) 739-4823  
www.unityofappleton.org



Sent with love to:

*February 27th—  
Healing with Color*

### **FEBRUARY AFFIRMATIONS:**

Inner Peace:	In the quiet of this moment, I am at peace. All is well.
Guidance:	I am divinely inspired to right action.
Healing:	I am an ever-renewing expression of divine life.
Prosperity:	I am successful and fulfilled, realizing the power of God in me.
World Peace:	Let there be peace on Earth, and let it begin with me.

### **FIVE BASIC PRINCIPLES OF UNITY**

1. God is good and everywhere present.
2. The spirit of God lives within each person; therefore, all people are inherently good.
3. We create our life experience through our way of thinking.
4. There is power in affirmative prayer, which we believe increases our connection to God.
5. Knowledge of these principles is not enough. We must live them.