



Wings of Truth

Volume 19 Number 3 March 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.

The Power of "NO!"

Dear Friends,

Last month, I wrote about how important it is to develop a prayer practice of daily self-defense and I included the 4 denials and affirmations that H. Emilie Cady wrote (you can see them if you revisit the February *Wings of Truth*). This month, the focus is on the power of "NO!"

"NO!" is your response to suggestions of illness, fear, lack, or limitation. For example, sometimes conversation drifts into the topic of the latest illness that's going around. It's so easy to feel threatened when we hear this; we may think, "Oh, well, I suppose I'll get it, too." But, you can choose to reject this suggestion! Say "NO!" to that whole line of thinking and change the subject, or disengage from the conversation. You do not have to agree! Whether it's a suggestion of contagion, fear, negativity or any other potentially disturbing belief, counter it with "NO!"

Some may recall First Lady Nancy Reagan's campaign against drug abuse. The slogan was "Just say no!" That campaign met with mixed success, but I can assure you that speaking "NO!" to negative suggestion really works. I've used it many times to negate suggestions of colds or flu. It really can be empowering to "Just say no!"

In Unity, we know that "thoughts held in mind produce after their kind." This is true whether the thoughts are empowering or disempowering. So, remember you can choose!

We are focused on healing this year. Our next Saturday morning program on healing will be on March 27, when Bedford Hines, licensed counselor, will demonstrate the healing technique of "tapping." Read more about it inside.

I hope to see you throughout this month. We have "meet and greets" scheduled for 9:20 (between services) on Sunday March 7, and again on Easter Sunday, April 4th.

Remember, you are born to be healthy in body, mind, and spirit!

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

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 Or call us at (920) 739-4823

Birthdays—March

15th Kara Bellg
21st John Engel
Mary Schneider
23rd Sharon Ford
27th Jeanne Loehnis



Community Outreach

Thank you to all who participated in our Salvation Army Food Drive and for John and Cary Polakowski for chairing the project.

Addition to Our Name

At the Annual Meeting, we decided to not change our church name, but add a subtitle which says, "A Center for Spiritual Growth". This will be added to our letterhead.

Unity Supports the Local Community

We have sent a letter of praise to 2 local organizations along with a check for \$50 to Leaven and Toward Community: Unity in Diversity.



The Youth of Unity

We wish to thank everyone for buying lots of chili at the annual membership meeting. We raised \$118.00 which will go towards attending rallies.

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?

Focus on Health—Tapping

Create a healthier and happier you! Learn a powerful tool designed to create permanent change in practically all areas of your life. Correct what hurts or limits. Introduce or reinforce changes already appearing in your life. Meridian Tapping is surging in popularity because it's so effective, easy to learn and to use on one's own. You'll leave this two hour seminar empowered and with a smile on your face.

The class is presented by Bedford Hines, a licensed professional counselor, who is also a board member here. It will meet from 10 AM to noon on Saturday, March 27th, here at our church. You will find a flyer later in this newsletter to post. The class is free. (A free-will donation will be accepted.)

Notes from the Board of Trustees

The Board of Trustees Meeting was held Feb. 18th, 2010.

Celeste Holly was welcomed as the new member to the Board, as well as Bedford Hines and Linda Nett-Duesterhoeft for their election to serve second terms.

Election of Officers was approved:

President: Al Bellg

Vice-President: Pete Beyer

Treasurer: Bedford Hines

Secretary: Celeste Holly

Treasurer's Report: January Net Income \$1,123.20.

Respectfully Submitted,
Linda Nett-Duesterhoeft



Make it a GOAL to TELL ONE FRIEND ABOUT YOUR CHURCH THIS MONTH!

Let's spread our name around and what we do! We are proud of our church and word of mouth advertising is the very Best advertisement! You could start with inviting friends to the Focus on Healing workshop on March 27th!

Treasurer's Report

The New Year is well underway and so is our church's financial picture. The current dominate color of this picture is a rosy red. Our New Year's resolution, or should I say, our Annual Meeting's resolution in the unanimous adoption of the 2010 budget has paved the way for a wonderful and abundant year.

Of course, to insure this actually happens for the rest of the year means that we fully accept that we're the vehicle of Divine expression. Intentions are necessary. They are the basis of our resolutions.

Next come plans which are the necessary forms to our intentions. In the case of our church, our budget becomes our church's plan for fulfilling our intentions (resolutions).

Finally, we must carry out or execute our adopted plan or budget. This is all about expression. This is God working God's way into realization in this earthly realm. In other words, we are each a part of God in realizing simultaneously God's intention and plan to express the Divine in ever fuller measure.

Our budget is one such form of Divine expression. May the rest of this year be as abundant an expression of our budgetary intent and plan as has already occurred in January.

Yours in Abundance,
Bedford, the Treasurer



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 is an event to be held locally. As a reader of *Wings of Truth*, you may be interested in attending.

Artist's Way Class Beginning

Jeanne Loehnis will be leading an *Artist's Way* class soon. This is a course in unblocking your personal, internal creator and freeing yourself to express your inner beauty, life energy, and creativity:

When: March 11-June 10, 2010 6:00-7:30 pm

Where: Massage Connection Wellness Center LLC, downtown Appleton

Cost: \$200 for 13 classes

Facilitator: Jeanne Loehnis, Life Coach/Songwriter

Team up with a friend and take the journey together. If you have already taken the class, you have a special view to share with a friend. Let them know how it impacted your life! And maybe you want to travel again with a new group of people. You are certainly welcome!

The complete class description and registration form are available at www.SongsForYourSpirit.com. Check out the book, The Artist's Way, on-line at Amazon.com or at the Appleton Public Library.



Please plan to attend Bedford Hines' presentation on "Healing with Tapping" 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.

Focus on Healing Series Sponsored by Unity Church of Christianity

Bedford Hines

Licensed Professional Counselor

Focus on Healing with Tapping

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

Where: Unity Church, 1800 S. Lawe Street, Suite 400, Appleton

Free* and Open to the Public

Create a healthier and happier you! Learn a powerful tool designed to create permanent change in practically all areas of your life. Correct what hurts or limits. Introduce or reinforce changes already appearing in your life. Meridian Tapping is surging in popularity because it's so effective, easy to learn and to use on one's own. You'll leave this two hour seminar empowered and with a smile on your face.



For more information:

www.unityofappleton.org or 920-739-4823 (T,W,R only)

*A freewill offering will be received.

MARCH 2010

Sun.Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7 8:30 & 10 AM "On The Shoulders of Giants" 9:20 Meet and Greet 11:30 Mastermind	8	9	10	11	12	13
14 8:30 & 10 AM "The Power of Compassion" Y.O.U. Meets 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 "Timeless" 11:30 Mastermind	22	23	24	25	26	27 10 AM—Noon Healing with Tapping
28 PALM SUNDAY 8:30 & 10 AM "Jerusalem" Y.O.U. Meets	29	30	31	1	2 Good Friday	3
4 Easter						

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



Sent with love to:

*March 27th—
Healing with Tapping*

MARCH AFFIRMATIONS:

- Inner Peace: I am at peace when my heart and mind are on God.
Guidance: I quietly tune in to the wisdom of God and receive divine direction.
Healing: I am grateful for the energy and strength of my healthy body.
Prosperity: God's unlimited good flows to me and through me.
World Peace: As we express the peace of God, our world is transformed.

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.