



Wings of Truth

Celebrating 20 Years of Publication

Volume 20 Number 3 March 2011

April Kain-Breese, Editor
Cindi Cousineau, Editor

Our Vision and Mission:

Unity of Appleton 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.



Dear Friends,

Unity's theme for March 2011 is "Get Healthy." There are lots of great possibilities for health in all different aspects of life, and they all begin with our thinking! May

I suggest that we begin with a deep understanding and gratitude for all the ways in which we are already experiencing health? How are *you* healthy? Celebrate all of it!

At Unity, we have lot's of reasons to celebrate health. On Feb. 13, we had a great annual meeting, where we elected new Board members, approved our budget intentions for 2011, and selected a new name!

- It's official! Our new name is *Unity of Appleton*. The tag line is *A Community for Spiritual Growth*.
- Our new Board members are Bev Matheys (1 yr.), John Polakowski, and Janet Stratton (both 3 yrs.). The Board met on Feb. 17 to elect officers. They are: Pres. Celeste Holly, Vice-P. John Polakowski, Sec'y Linda Nett-Duesterhoeft, and Treas. Bev Matheys.
- Our Administrative Assistant, Cindi Cousineau, continues her recovery from surgery and expects to be back to work on March 2.
- A new class begins March 16, led by Al Bellg. See the article within about *The "I" of the Storm*.
- I will go to Unity Village Mar. 20-26 for Field Licensing Interview Week, another healthy step forward for me and our spiritual community. I'll truly appreciate your prayer support.

I behold the Christ in you!

April

April Kain-Breese, L.U.T.
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

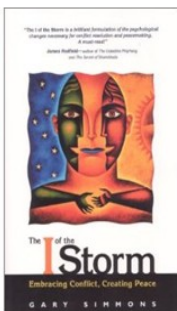
15 Kara Bellg
21 Mary Schneider
21 John Engel
23 Sharon Ford
27 Jeanne Loehnis



Happy Birthday!

What's Happening?

Be a Peacemaker!



Dr. Al Bellg will facilitate a five week class based on *The I of the Storm: Embracing Conflict, Creating Peace* by Unity minister Gary Simmons. The class will be held at church, 6:30 to 8:00 on Wednesday evenings,

March 16-April 13. Books are here and available for purchase in the church office for \$12. Suggested love offering for the class is \$50. A sign-up sheet is on the reception table.

The **Women's Gathering** continues to read the book by Marshall Rosenberg, "Non-Violent Communication". Join in on Thursday night, Mar. 17th at 7 PM here at the church.



"Meet and Greet" resume March 6

Be there at 9:20, between our Sunday services, to get acquainted with those who attend "the other service."



Hello, Dear Friends -

My name is Janet Stratton I am a member of the Board and have recently stepped into the role as Volunteer Coordinator for Unity of Appleton.

There is a great history of volunteer work within our Church. For over 15 years, the heart of serving has been strong and vibrant and points to the host of people who have empowered our church to thrive. Today is no different, and I am pleased to add my efforts to those who currently serve and those who came before us to honor this fine tradition. My job is to inspire you to look inside and discover how helping our church helps you. Featured each month in our newsletter and bulletin will be a story of how volunteering has personally and spiritually deepened the life of someone from our church. My hope is that through inspiration you will feel something stir within you to consider offering your time and talents as well.

I came across a lovely prayer we say on occasion during our service. It spoke to me of the deep gratitude I have for those who give of themselves and are open to growing in new ways. For all our volunteers past and present I offer this blessing:

We love you, we bless you, we appreciate you; we behold the Christ in you; and we know that you are empowered to do great things.

As you consider what great things you may feel empowered to offer, know you can always call upon me with any volunteer concerns or questions. You can contact me at 920-427-5966 or e-mail me at fountainofunity@gmail.com.



Empowered to Do Great Things **A series featuring the volunteers** **of Unity of Appleton**

December's Healing – Janet Stratton

During mid-November of 2010, I needed to find some point to the upcoming holiday season. Other than making a happy holiday for my son, Christmas and Thanksgiving had become fussy and annoying holidays, filled with obligation and an unrelenting feeling that I did not want to participate in their trappings. I was getting quite the reputation with my friends and family for having a bad attitude, and I liked that I was making some headway in getting them to stop asking me to holiday events.

And then I went to church one Sunday.

The message was lovely, but it was the request for someone to help head up the Salvation Army Adopt-a-Family project that really caught my attention. Without thinking it over much, I said I would help; I cannot explain why, because at the time I was all but fuming inside that once again December was around the corner and the 11 months that I had denied its existence had evaporated. So I dove into the project with the intent to keep myself busy and maybe that way the holidays would be tolerable. I busily tended to the details of the project and was proud of my organizational and creative resourcefulness. It still had nothing to do with Christmas in my heart, only our church helping another family and something we could do any time of the year. It just so happened that Christmas is the perfect time to give to others, so I was along for the sleigh ride.

And then I went to church the next Sunday.

April asked me to step up to the podium and say a few words to the congregation about our adopted family and the details of helping. That's when it hit me. I was no longer trying to help myself get through Christmas; I was about to ask a room full of people to help me get through the sadness of December. If you were there, you heard me enthusiastically talk about the details of the project.

But what you did not hear me say was this: "Thank you...thank you...thank you for saving me from sadness, because the truth is I really do like Christmas, I just don't like the month of December. Tragedy has a way of striking in December for me. I was married in December, and no longer can celebrate that due to my divorce; my mother died in the month of December; I found out I had bone cancer in the month of December years ago; and every December 28th I grow a year older. December makes me cry."

Yes, I had a project I was doing for the church, and, yes, we were helping a family in need, but what you all were really doing was helping me. And all of this came from my willingness to step up and head a small volunteer project for our church. On that day when April asked for someone to help, I had no reason to accept other than I thought it might be a good idea to try to make Christmas better for someone else.

And then I went to church the next Sunday.

Every gift our adopted family requested had been generously donated. It went far beyond the list – our small church filled two grocery carts to the top with gifts. But what you really did was fill a greater need in me. I may have volunteered to help others, but each of you stepped up and gave me the gift of hope during a month that has been filled with hopelessness for far too long.

Do I know now why I said "Yes" to the request for a volunteer? Not really, but I trust that Spirit knew I was ready to heal, and it gave me the chance through stepping up in service to our church and others.



March 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<i>1</i>	<i>2</i> 6:30 PM Spiritual Economics	<i>3</i> 10 AM Spiritual Economics class ends	<i>4</i>	<i>5</i>
<i>6</i> 8:30 & 10 AM "Giving, Tithing, What's the Difference?"	<i>7</i>	<i>8</i>	<i>9</i>	<i>10</i> 7 PM Women's Gathering	<i>11</i>	<i>12</i>
<i>4 Meet and Greet 9:20 AM</i>						
<i>13</i> 8:30 & 10AM "Going Forward in Confidence"	<i>14</i>	<i>15</i>	<i>16</i> 6:30 PM "I" of the Storm Class begins	<i>17</i>	<i>18</i>	<i>19</i> 8:30 AM Men's Group 10:10 AM Prayer Ministry
<i>20</i> 8:30 & 10 AM "Dancing with God"	<i>21</i>	<i>22</i>	<i>23</i> 6:30 PM "I" of the Storm Class	<i>24</i>	<i>25</i> Living the Deepest Truth You Know	<i>26</i> Living the Deepest Truth You Know
<i>27</i> 8:30 & 10 AM "Today is YOUR Birthday"	<i>28</i>	<i>29</i>	<i>30</i> 6:30 PM "I" of the Storm Class	<i>31</i>		

MARCH AFFIRMATIONS:

Inner Peace: I am centered in the peace of God.

Guidance: Divine guidance gives me clear direction.

Healing: I am a living expression of God's perfection.

Prosperity: I am a worthy and powerful co-creator.

World Peace: The spirit of God moves through all people to manifest peace on earth.

Good News from the Library by Cary Polakowski

Do you need to hear some good news for a change? Have you been feeling too much negative energy? I had been feeling that way until I read More Random Acts of Kindness by Conari Press.

The original Random Acts of Kindness was published in 1993. The inspiring stories continue in this 1994 version. In this little gem of a book, people tell their stories of doing kind things for strangers or of being the recipient of the kindness of others. How heart-warming to read of such unselfish deeds!

The accounts of a woman giving a homeless man a coat and a shy teenager receiving a compliment when she needed it most, lifted my spirits and reminded me of the connection we all have to each other. In addition to the stories, quotations from teachers past and present are scattered throughout the book. This one, by Elisabeth Kubler-Ross, is my favorite. "If we make our goal to live a life of compassion and unconditional love, then the world will indeed become a garden where all kinds of flowers can bloom and grow."

You can be inspired to "help the flowers grow" by reading More Random Acts of Kindness from the Unity Library.

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.

Unity of Appleton

A Community for Spiritual Growth

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Sent with love to:

WELCOME HOME!