



# Wings of Truth

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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.

## What Are You Called to Be?

Have you thought lately about what you really are? I'm not talking about a job, a role in the family, a gender, or an age. I'm talking about what you are at depth, *within*.

Jesus said, "You are the **light of the world**. A city built on a hill cannot be hid. No one after lighting a lamp puts it under the bushel basket, but on the lamp stand, and it gives light to all in the house. In the same way, **let your light shine** before others, so that they may see your good works and give glory to your Father in heaven." Matt 5:14-16

Do you know that about yourself? You are light! You are more than a personality in a physical body with brown hair and blue eyes. You are the exquisite manifestation of **Divine Light**.

Imelda Shanklin writes in her book, *What Are You?*, that we are not personalities. We are beyond personality. "Spiritually, what are you? You are a soul that has forgotten its divine identity, a soul now struggling to remember, in the midst of time and in the confusions of experiences, that you are the living son (daughter) of the living God. Spiritually, you are an idea in the mind of God. That idea must be given expression in you."

No matter who you are in society, no matter what you do each day, your spiritual calling card reads: "**I am an idea in the mind of God, specializing in radiating God-light.**" That's much better than any job title, don't you think?

Please be with us for Palm Sunday (April 5) and Easter (April 12) to celebrate the eternal **Christ Light** that is in Jesus and in you.

**Let your light shine!**

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.silentyunity.org](http://www.silentyunity.org)

## SUNDAY SERVICES

8:30 am and 10 am

Sunday School 10 am

Nursery 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

## April Birthdays

4-17 April Kain-Breese  
4-28 Stephanie Huebner  
4-29 Lillian Marquardt



**HAPPY BIRTHDAY  
TO YOU!**

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## Adventures on the Quest— Class Beginning

Emily Ilg will be offering a class based on The Quest starting Sunday, May 3rd, from 6:30 to 8:00 PM. The Quest is a journey of spiritual re-discovery. The book has a brief chapter for each week of the year. The class will empower you on your journey and will also be an excellent opportunity to become better acquainted with class participants. Former participants rave about the course. A copy of the book and initial sign up sheet will be found on the back table.

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## March of the Pennies

Congratulations on raising \$265.96! All from your spare change! The money will be used to help meet our stretch budget for 2009. Thank you for participating!



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## Unity Youth Need You!

Substitute Sunday School teachers and Y.O.U. co-sponsors are needed. If you have been a member of this church for two years and would love to spend an occasional Sunday working with our youth ministry, please let April know. Curriculum and guidelines are provided to make it easy for you and enjoyable for all. Please give this prayerful consideration.

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## Calling New Members!

If you feel led to become a member of this church, you are very welcome! A (required) new member class will be held in on Saturday, April 11th. Call April at 213-4223 if you plan to attend!

## Women's Gathering

by Celeste Holly

The women's group will be meeting at 7:00-8:30 PM on Friday, April 17th, at Gayle Bowers home in Kaukauna. We will be discussing the book "A New Earth" by Eckart Tolle, Chapter 8.

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## President's Letter: Listen to This!

You may have noticed that the big black boxes are gone. That is, the dark, intrusive loudspeakers that had been hanging from our walls have been replaced by smaller, light-colored speakers that sound quite a bit better than the old ones. Thank you, Larry, Pete, Kathy, Sharon and everyone on the Facilities Redesign (FRED) ministry. I am really glad for the change.

It's not just that we'll hear our Sunday services better. It's that we're willing as a congregation to do what it takes both to envision what having a better service would mean, and to take action to make it happen. And there's more to come. New paint, a platform at the front, wall decorations, window treatments, a privacy wall to partially enclose the sanctuary, better lighting, and a new entryway.

Simple things, but things that will make a difference in how we feel when we walk in the door and when we sit down for a service or a class. Most of all, taking action to make those changes says that we care about what happens when we attend our church, and that we want it to be the best it can be.

That focus, being the best church we can be, is one of the things we're about for this year. What does being our best, our spiritual best, mean to you? What can you do, and how can you be, to bring that into reality?

There will be plenty of opportunities to talk with each other about that. What does Spirit have in store for our Unity Church? Let's find out!

Love and light,  
Albert Bellg, President  
Unity Board of Trustees

# APRIL 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2 6:30 PM Artist's Way Class at Jeanne's home	3	4 Board Retreat
5 8:30 & 10 AM Services "My Peace I Leave With You" Palm Sunday	6	7	8	9 6:30 PM Artist's Way Class at Jeanne's home	10	11
12 8:30 & 10 AM Services " Cast Your Net to the Right Side" Easter	13	14	15	16 6 PM Board Meet- ing 6:30 PM Art- ist's Way Class	17 7 PM Women's Gath- ering	18 8:30 AM Men's Group 10:10 AM Prayer Ministry
19 8:30 & 10 AM Ser- vices "Calling on the Moses Within to Lead Us through the Difficult Times"	20	21	22	23	24	25
26 8:30 & 10 AM Ser- vices "Earth Day Celebration" Musical group "Muse"	27	28	29	30		

Sharon Ford, one of our most faithful volunteers, found this poem to share with you!

## The Joys of Volunteering From A to Z

Answering a need  
Building lasting friendships  
Caring for others  
Developing new skills  
Earning respect and admiration  
Feeling good about yourself  
Giving back to the community  
Hearing “thank you” from all those who help  
Inspiring others with your dedication  
Joining the millions like you in improving the world  
Keeping active and involved  
Lifting spirits  
Making great use of your time and talents  
Nothing the difference your efforts make  
Opening doors to new experiences  
Putting your compassion into action  
Quieting others’ worries and fears  
Reaching out to people in need  
Spreading smiles wherever you go  
Touching lives forever  
Understanding people better  
Vitalizing programs with your service  
Warming hearts with your kindness  
Xploring new opportunities  
Year-round appreciation  
Zeroing in on what’s important—being part of the solution!



Call church at 739-4823

Or Email: [unitychurch@unityofappleton.org](mailto:unitychurch@unityofappleton.org)

### Volunteer in April for:

**8:30 AM GREETER**



**10 AM GREETER**

**HELP PAINT THE  
CHURCH  
WALLS**



**SUNDAY SCHOOL TEACHER**



**Y.O.U. CO-SPONSOR**

**PLANT FLOWERS**



**WASH WINDOWS**

**SINGER**



**MUSICIAN**

## Putting Unity into Practice

I think of Unity as prayer, meditation and positive thinking—all with God at my side. How can I go wrong?!!!!

Our surveys have indicated how much you cherish the Sunday service - the friendships, the learning, and how you leave feeling on top of the world. How do you keep that wonderful Sunday experience going throughout the week?

Attitude—in your daily mental outlook—is the glass half full or half empty? My husband hears from the people on his mail route—"how come you're in such a good mood?" His answer—"I choose to be."

You do have a choice— what do you choose today?

Take Time for yourself—spiritually—do you take time to commune with God daily? How about 5 minutes in the silence for a start? I've never heard a complaint that this time was not fruitful!

Take Time for yourself—physically—take 30 minutes a day to move your body—most of us will say there is no way to come up with an extra 30 minutes. How about 10 minutes here and there?— Even parking 5 minutes away from work then walking 5 minutes each way and you have begun! Can you walk for 10 minutes after lunch and dinner? Just 10 minutes. C'mon, you can do it! You suddenly have 30 minutes in and I bet you feel great!

Time for yourself— mentally and emotionally—how about with gratitude? What you focus on expands—focusing on things we are grateful for helps us to see even more positive things around us and acts like a magnet bringing more good to us! I remember when I was pregnant—suddenly the world around me was filled with other pregnant women—why? Because my attention was focused on pregnancy; not because there was a sudden influx of pregnant moms into my city! What do you want to bring into your world? - focus on it! Upon opening your eyes in bed in the morning— "Thank you, God, for this great day!"

Get out into nature now that the weather is warming up and marvel at the busy birds and drink in their joyful songs. If you have a health challenge - pick up that book of Louise Hay affirmations. Repeat the Daily Word affirmation throughout the day—you will be in unity with thousands of others across the world—imagine that! Say, "I am....." 30 times in the AM and PM. Make a list of your favorite affirmations and repeat those.

How do **you** put Unity into practice? Please send me ideas to pass along next month,

Cindi Cousineau



*VOLUNTEER THIS  
SPRING!*

**APRIL AFFIRMATIONS:**

Inner Peace: Serenity flows from the depths of our souls. We are immersed in peace.

Guidance: The Christ Light guides us on a path of renewal and discovery.

Healing: Our bodies are temples of the risen Christ. We are strong and whole.

Prosperity: We realize the substance of Spirit and accept it with gratitude.

World Peace: With faith and compassion, we shine the peace of Christ into the world.