

## 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 September is "Stay centered!" That's a great reminder for this busy month of new activities and the up-tick in regular ones. With so much happening in our daily lives, there is a lot of competition for our time and attention and we might find ourselves over-busy and under-fulfilled.

Yet, we can make a different choice. We can choose to take time for meditation. We can choose to be selective about how we "spend" our time and what we focus upon. That's Unity's third principle: "We create our life experience through our way of thinking." So, if we want to "stay centered," we can do it!

Unity can help! Our fall offerings include a focus on prayer, on spiritual community, and on ways to strengthen our spiritual wings for everyday flight. I encourage you to choose those offerings that feed your soul.

Please spend some time with this issue of our newsletter. It is rich with news and opportunities for you, starting with World Day of Prayer on Sept. 8, our outdoor service on Sept. 11, and the first class, "Development of the Unity Movement" which begins at mid-month.

I behold the Christ in you,

*April*

April Kain-Breese, Licensed Unity Teacher  
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)*

### **SERVICES**

*Sunday 8:30 & 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—September

Wish them Happy Birthday!

11 — Julie Skinner

13 — Roger Weyenberg



### Treasurer's Report:

July net income was : \$ 1114

Year to Date: \$ 183

### Outdoor Service September 11

**Message: "Ten Years Later"**

You are especially invited to attend our annual outdoor service, which will be held this year at Bev and Bernie Matheys' home, 1621 S. Fidelis, Appleton. Children will walk to nearby Lions Park for outdoor activities. Stay for special refreshments and social time after the service. Maps will be provided at the church. Thank you to Bev and Bernie Matheys for opening their home and lawn to us!

### Potluck and Meeting September 25

On Sunday, Sept. 25, there will be a potluck and community meeting immediately after the 10 AM service. All are welcome to gather for great food and community spirit. Agenda topics will tentatively include: spring survey results and a volunteer fair. Y'all come! Later this month, there will be a clipboard on the reception table where you can sign up to bring a potluck dish.

### 8:30 Sunday Services

#### Resume September 18!

For those who enjoy an early morning Sunday service, the 8:30 meditative service resumes on Sunday, Sept. 18. The 10:00 service will continue as usual.

## World Day of Prayer September 8

"Together we shine. We are channels through which Spirit illumines the world." This is the affirmation for Unity's World Day of Prayer 2011. Please consider coming to the **7 PM prayer service on Thursday, Sept. 8**, or simply slip in anytime between 9 AM and 3 PM to pray and meditate; "We'll keep the lights on for you."

## What's Happening?

### Sunday Morning Community Prayer

We have made a slight change in our sacred practice of prayer in community. The prayer box and new yellow request slips are at the *back of the church* on a special new table. Just write first names on the slip and place it in the box *as you enter the church*. During the service, the box will be brought forward for prayer. Of course, you will always find yellow prayer request slips in your chair pocket. You can put these in the collection plate during the love offering or place them in the prayer box after the service.

### October 1<sup>st</sup> Retreat for Adults *Navigating Uncharted Waters*

This fundraiser event will be led by our very own Youth of Unity and Y.O.U. adult sponsors. The retreat will be a spiritual experience involving group interaction and spirit-led activities based on their Rally materials. Do you remember how excited our teens are when coming back from Rally? Come experience some of that!

Location: Unity of Appleton

Time: 9:00 a.m. to 1:00 p.m.

For further information please ask for Cindi at 739-4823 or Linda at 733-2511.

## Speaker from The Monroe Institute at Unity on Sunday, October 9



Paul Rademacher, Executive Director of The Monroe Institute in Faber, VA, will present the Sunday message at Unity of Appleton on Oct. 9th, 10 AM. He has spoken at many Unity Churches and was an active Presbyterian minister for 15 years. Paul has studied extensively in the fields of consciousness and spirituality, seeking to bring together traditional meditation techniques with contemporary expressions of spiritual exploration. In 2001, he became a Residential Facilitator at The Monroe Institute before assuming the role of Executive Director in 2007.

Paul also will be speaking in Harper Hall at Lawrence University on Saturday, the 8<sup>th</sup>, 6:30 to 8:00 p.m. His topic will be: “**Ordinary People, Extraordinary Perceptions.**” Suggested love offering \$5.00

“In the twilight zone between sleep and wakefulness live vistas of breathtaking wonder. These are the realms of wisdom, dreams, visions, and divine encounter. We visit these regions nightly in sleep, occasionally in trauma, and sometimes during intense creativity. Yet, we have been taught that awareness of nonphysical worlds is reserved for saints, shamans, and gurus at best and the mentally unbalanced at worst. As a result, our contemporary world is sadly impoverished as we deny ranges of perception that are our common birthright. The pace of life and the ceaseless demands of western society all but insure our distraction from the spiritual quest.”

“Is it possible for ordinary people to experience inner realms of breathtaking wonder? For over 30 years The Monroe Institute has been doing just that. Using a unique audio process, thousands have discovered, in just a few days, perceptions that would otherwise take decades of disciplined practice by more traditional means. In this presentation, Paul Rademacher will discuss his own journey of self-discovery while explaining The Monroe Institute’s methods, history and effectiveness.”

## Board Meetings “Move”

Board meetings will temporarily move to Tuesday evenings in Sept., Oct., and Nov. The dates for these meetings are: Sept. 20, Oct. 25, and Nov. 15. If you have an item to bring to the Board, you are always welcome; contact President Celeste Holly or April Kain-Breese so that you can be placed on the agenda.

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## New Class Begins in

### Mid-September!

“Development of the Unity Movement” is a five week class. If you desire, it can be taken for Spiritual Education and Enrichment (SEE) credit. The class is both a history of the Unity movement and a reflection on what Unity means for us personally. “If we consider that what we call Unity is the movement of Spirit—of divine ideas—in and through human minds and hearts, and if we believe that this movement of Spirit is ongoing, then each of us, through our willingness to receive and respond to Spirit’s movement, becomes an important, even essential element in the continuing evolution of Unity.”

Two sections will be offered, evenings or mornings to meet your needs.

Wednesdays, 6:30-8:30 p.m. Sept. 14-Oct. 12  
Thursdays, 10-noon Sept. 15-Oct. 13

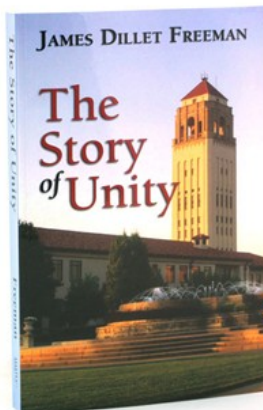
Cost: \$50 for 5 classes (2 hours each)

Instructor: April Kain-Breese

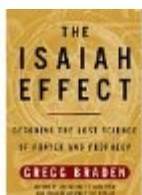
Text: *The Story of Unity* by James Dillet Freeman

If you wish to take the class for SEE credit, there is an additional \$36 registrar’s fee that goes to Unity School.

Sign up for the class and order a book (\$15.95) if needed—clipboard on reception table. If you have questions, just ask April.



## Library Book Review by Cary Polakowski



In The Isaiah Effect, Gregg Braden interprets ancient scrolls and uses scientific research to lead us in a new method of prayer. What is this method? Aligning our thoughts, feelings and emotions, we live as if our prayers have been answered. According to the Essenes, the authors of the Isaiah scroll, we must first seek peace within our bodies, then within our thoughts, and finally seek peace within our feelings. When we do this, we choose our outcomes when we pray. Braden writes, "Quantum science suggests the existence of many possible futures for each moment of our lives. Each future lies in a state of rest until it is awakened by choices made in the present." He continues, "Isaiah described the science of how we choose which future we experience."

Braden uses powerful examples of healing of a cancerous tumor and plentiful rainfall in the midst of surrounding areas of drought to show us how this form of prayer works and how the outcome is a choice readily available to us. Can you see how this idea could change the world? In The Isaiah Effect, prophecies of doom are balanced with those of abundance and healing. Some of the prophets have implied that the outcome is determined by our own individual choices, for each choice we make has a ripple effect and can lead to change, either for healing or harm. It is in the power of prayer that we affect the outcome of our world. Gregg Braden has written a profound and important book for our time. Check it out.

## **CAMP CHAMP** by Janet Stratton

CHAMP (Children's Hearts-Actively Manifesting Peace) Camp 2011 was a huge success! Our entire Sunday school tribe showed up at Prairie Hill Park for a day filled with food, nature explorations, crafts, stories, meditation and togetherness. Many thanks go out to each and every parent who contributed to the day. It was a group effort and a group success. Our youth have reported back to us that they want to have a Champ Camp 2012 only bigger and better. So plans are already in the making for next year's event. Look to hear more about Champ Camp 2012 as we reach out with a fundraiser or two to provide an even richer experience for our youth next year.

For more pictures go to this link: <http://s1226.photobucket.com/albums/ee407/fountainofunity/Champ%20Camp%202011/>



Camp CHAMP Attendees posing with sign made by Derek.

Watch your thoughts, for they become your words.  
Listen to your words, for they become your actions.  
Watch your actions for they become your habits.  
Watch your habits, for they become your character.  
*Watch your character, for it becomes your destiny.*

*-Author Unknown*

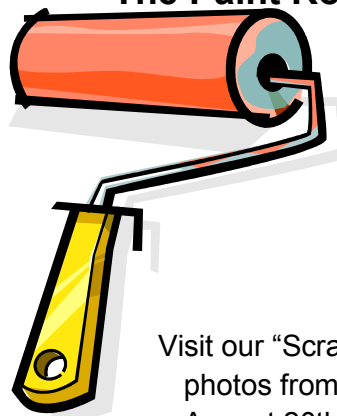
## Women of Unity: “Ask Yourself This!”

October 4, 6:30 to 8 PM All women are invited to the first meeting of a new group devoted to considering intriguing spiritual questions in an atmosphere of love, understanding and joy. We'll have a gathering time, then separate into small discussion groups of 2—3 women, then reconvene for a closing and a vote on the next month's question. The question for the October 4th meeting is “what do you know for sure?” (What basic spiritual truths do you hold?) The inspiration for this group comes from Wendy Craig-Purcell's book, “Ask Yourself This: Questions to Open the Heart, Expand the Mind and Awaken the Soul”.

From the author: “The circumstances many of us are facing today require us to re-think various aspects of our lives ranging from spirituality and life purpose to careers and relationships. We need better answers. I wrote “Ask Yourself This’ because to get those better answers, we need to ask better questions; and sometimes we need to ask completely different questions.”

See you in October!

## The Paint Rolled On!



Visit our “Scrapbook Page” to see photos from our painting day on August 20th.

<http://www.unityofappleton.org/unitychurch/scrapbook/default.asp>

Thanks to these wonderful and gifted volunteers for their generous gifts of time and talent: Alex Zenzick, Cary Polakowski, Connie Oliver, Ron Weyenberg, Karen Schnese, Bedford Hines, Al Bellg, and Matthew Kiepert. Special thanks to “angel” Liz Hotchandani for providing the paint for this project. We are abundantly blessed!



### New members welcomed August 7th.

From Left:  
Susan Chouinard,  
Liz Hotchandani,  
Bert Jansen,  
Connie Oliver,  
Ron Oliver,  
Karen Schnese, and  
Roger Weyenberg

Welcome to **Unity of Appleton!**

# September 2011

**Sun**      **Mon**      **Tue**      **Wed**      **Thu**      **Fri**      **Sat**

*1*      *2*      *3*

*4*    10 AM      *5*      *6*      *7*      *8*      *9*      *10*

“Cosmic Head Slap”  
April Kain-Breese

9 AM—3 PM  
Open for World  
Day of Prayer  
7 PM Prayer  
Service

*11*    10AM      *12*      *13*      *14*      *15*      *16*      *17*

“10 Years Ago”  
OUTDOOR  
SERVICE

6:30 PM Class—  
Develop. of Unity  
Movement

8:30 AM Men’s Group  
10:10 AM Prayer Ministry

*18*    8:30 & 10 AM      *19*      *20*      *21*      *22*      *23*      *24*

“Acceptance as a Remedy  
for ‘What One Resists will  
Persist’” Linda Nett-D.

6:30 PM Board  
Meeting

10 AM Class—  
Develop. of Unity  
Movement

*25*    8:30 & 10 AM      *26*      *27*      *28*      *29*      *30*

“TBA”  
Community MEETING  
Potluck

10 AM Class—  
Develop. of Unity  
Movement

## **SEPTEMBER AFFIRMATIONS:**

Inner Peace: In the silence, I touch the presence of God within and find perfect peace.

Guidance: Spirit leads me on a level path to my highest good.

Healing: I am whole and well through the healing power of God within me.

Prosperity: I give generously and receive abundantly.

World Peace: Today I speak only words of peace.

### **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.

 <p><b>unity</b> of Appleton</p>	<p>A Community for Spiritual Growth 1800 S. Lawe St., Suite 400 Appleton, WI 54915 (920) 739-4823 <a href="http://www.unityofappleton.org">www.unityofappleton.org</a></p>
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Sent with love to:

**WELCOMING YOU!**

**Think Positive, Live Positive,  
Enjoy Life!  
God Loves You!**