



Wings of Truth

Volume 19 Number 11 November 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.



Dear Friends,

Our vision and mission statement says that we are a “loving spiritual community.” This is a very important part of our *identity!* Recently, our Board of Trustees went on a day-long retreat to review where we’ve been and where we are headed. Lots of great ideas were exchanged; you’ll read more about the retreat in this newsletter, but one thing in particular stood out as a major topic of realization and excitement, and it was about our *identity.*

We watched a DVD of consultant Chuck Pettis, speaking at the annual convention in June of this year. Mr. Pettis and his team are the group who developed the new logo and identity statements for the Unity movement. The Board found this presentation compelling and we want to share it with all of you, probably in early January. You’ll see and hear how the study was done and get more information on the results. The most striking aspect of the study is the significance of language, especially relating to “church” and “Christianity.” Both of these terms were strong negatives among the “cultural creatives” who are our demographic base. Preferred were the terms: center, community, spiritual living, and so forth. The Board did some brainstorming and will have some ideas to present to you when we show the DVD.

Please keep reading! More on the retreat, youth education developments, upcoming programs, and other news inside!

I behold the Christ in you and in our “loving spiritual community.”

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—November

6 —RoseAnne Goodwin

9 —Hugh Holly

13—Sara Duesterhoeft

22—Pete Beyer



When you see them, wish them
a Happy Birthday!

Potluck

11:15 AM

Sunday, November 7

What's Happening?

Library Book Review

Spontaneous Healing by Dr. Andrew Weil is a fascinating and helpful book in which he explains how our bodies' natural healing system works. Written in 1995, the book contains technical information that is still relevant today. Weil has divided the book into three parts.

The Healing System covers some basic premises including "the body wants to be healthy" and "the body is whole and all of its parts are connected." I must admit I skimmed through the chapter on DNA, but was inspired by the many true accounts of people healed from various diseases.

The second section, Optimizing the Healing System, tells us what obstacles there are to healing, as well as, what kinds of preventative and corrective measures to take to bring about wholeness. At the conclusion of this part is an eight -week program designed to gradually change the reader's lifestyle in a way that enhances the body's ability to heal itself. John and I will definitely be eating more vegetables and buying more flowers!

The third shorter section, If You Get Sick, consists of information on managing illness, including what conventional medicine can and cannot do. In addition, suggested usage and examples of alternative therapies is well covered. The final chapters of this section deal with specific diseases and treatment recommendations.

Whether you are experiencing optimal health or feel like Humpty Dumpty and can't get put back together again, you will be inspired and informed by Spontaneous Healing.

By Cary Polakowski

Board Nominations

Your nominations for members to serve on the Board of Trustees are welcome at this time! The Nominations Committee members for the February 2011 election are: Tom Duesterhoeft (elected by the membership in Feb. 2010), Emily Ilg, and April Kain-Breese. There are two vacancies for three year terms to replace Al Bellg who will be completing his second term of three years, and Pete Beyer who recently resigned just a few months prior to the completion of his three year term. Nomination forms will be available at church, along with a description of Board responsibilities. If you or someone you know would like to serve this spiritual community, please speak to any of the Nominations Committee members. Thanks for giving this prayerful consideration.

Focus on Healing

Dec. 4 – Noreen Greatens and Robert Kralapp, from Legacies Arts Project, Inc. of Green Bay will demonstrate how creative expression (music, painting, poetry, sculpture, and dance) can free the stuck places in those who are experiencing Alzheimer's or other dementias. This is an inspiring project, "empowering individuals with memory impairment to express themselves throughout their lifetime." Don't miss it! 10 a.m. – 12 noon Dec. 4. **If you would like to participate in this event, please call the church office at 739-4823 or email unitychurch@unityofappleton.org. This pre-registration will ensure that we have materials on hand for you, but if you wish to attend as an observer, no preregistration is required.** Free program; a love offering will be received.

Board Retreat Notes

Our Oct. 3 retreat, held at Holly's lake home near Waupaca, focused on Board development, spiritual renewal, progress on realizing our intentions for 2010, the identity study conducted for the Unity movement, and marketing strategies. We were blessed with beautiful surroundings, loving fellowship, and delicious foods. A few highlights of our daylong meeting:

Board development: Al Bellg, who has served on the Board for six years, and as President for five, will conclude his second term this year. Pete Beyer's term will also be open. Nominations committee members: Tom Duesterhoeft, Emily Ilg, April Kain-Breese. We reviewed "12 Principles of Governance That Power Exceptional Boards."

Intentions: We noted great new developments in our music program, progress with youth education, the new banner. We talked about ways to make progress on other intentions: more alternative worship events; sanctuary redecoration completion; increasing class offerings, social activities, and community retreats; new marketing ideas, and community connections with one another.

Identity Study: We viewed the Chuck Pettis DVD on the Unity identity study. This was very well received, with all of us feeling much greater clarity and enthusiasm about the adoption of the new Unity logo and promotional package offers from Unity. We agreed to show the DVD to the membership. We agreed that we want to emphasize that we are part of the international Unity movement.

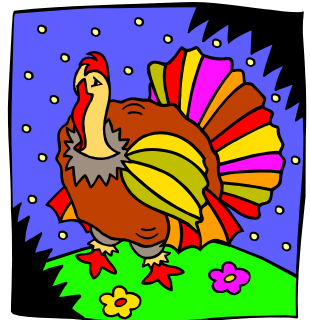
Name Change: After lunch, we discussed the possibility of changing our name, in alignment with the results of the Pettis marketing study. The DVD seemed to make it very clear that a name change is important. We agreed to show the DVD to the congregation and propose some possible names. Suggested names mentioned were: Unity: A Fox Cities Community for Spiritual Growth; Unity of Appleton, or Unity of the Fox Cities, with a tagline such as: A Center for Spiritual Growth (current), A Path for Spiritual Living, or A Community for Positive Spiritual Living. There would be some costs associated with this for new signage, etc.

Marketing: We discussed use of electronic media such as Meetup.com and Facebook.com, as well as community-based possibilities, such as articles in Nature's Pathways and The Scene, and the possibility of sponsoring a public garden, perhaps at Memorial Park.

All agreed it was a rich and rewarding day, filled with spiritual inspiration, progress toward goals, and fellowship. Thanks to Celeste Holly for hosting us once again.

Watch your mail later this month for the letter you wrote last year at the Burning Bowl Ceremony. See how your life unfolded with the intentions you set in January!

**Don't use the past as
an excuse
to miss out on your
future!
- Alan Cohen**



COMMUNITY EVENT -

"Living the Deepest Truth You Know" is a workshop to help you develop awareness of your inner truth—and learn to live it! Led by Dr. Albert Bellg, you'll rediscover the loving relationships, meaningful work, and genuine fun that comes from living a life that's true to who you really are.

There's a free introduction to this life-changing weekend on Friday, November 12th from 7—8 PM at our church. The all-day Saturday and Sunday afternoon workshop follows, and is \$125. You can find out more at www.albertbellg.com.

November 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i>	<i>5</i>	<i>6</i>
<i>7</i>	<i>8</i>	<i>9</i>	<i>10</i>	<i>11</i>	<i>12</i>	<i>13</i>
8:30 & 10 AM "Eliminate the Negative" 11:15 AM Potluck				7 PM Women's Gathering		Living the Deepest Truth You Know 9 AM—5 PM
<i>14</i>	<i>15</i>	<i>16</i>	<i>17</i>	<i>18</i>	<i>19</i>	<i>20</i>
8:30 & 10AM "The Gentle Conquest of Fear"				6:30 PM Board Meeting		8:30 AM Men's Group 10:10 AM Prayer Ministry
<i>21</i>	<i>22</i>	<i>23</i>	<i>24</i>	<i>25</i>	<i>26</i>	<i>27</i>
8:30 & 10 AM "These Things and More"					<i>Thanksgiving</i> <i>Office Closed</i>	
<i>28</i>	<i>29</i>	<i>30</i>				
8:30 & 10 AM "The Promise of Hope" Advent						

NOVEMBER AFFIRMATIONS:

Inner Peace: Divine peace soothes my mind and heart.

Guidance: I trust my God-given inner wisdom.

Healing: I embody radiant health and vitality.

Prosperity: Divine substance overflows into my life.

World Peace: I am at peace with the world around 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.

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Sent with love to:

WELCOMING YOU!