

April 2010

Unity Church of Hilton Head Island

Connections

Daily Word

Affirmations

Inner Peace

Serenity flows from the depths of my soul. I am immersed in peace.

Guidance

The Christ Light guides me on a path of renewal and discovery.

Healing

My body is a temple of the risen Christ. I am strong and whole.

Prosperity

I 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.

These affirmations are from the March/April 2009 issue of the Daily Word. It is suggested to follow these simple steps to help support you to create a spiritually centered life.

- *Claim each affirmation as true for you and your loved ones.*
- *Give thanks in advance, remaining open and receptive to your highest good.*
- *Continue affirming the truth of each affirmation to inspire you throughout the day.*

The WORD of the MONTH

LOVE

“—The pure essence of Being that binds the whole human family...love is the great harmonizer and healer...”

...from The Revealing Word by Charles Fillmore

Note from the Editor

Easter morning reminds us of the message of love and rebirth that Jesus, our Way Shower provided us. This month that message of love is featured in the inspirational messages, the book review, SPIRITWORK, and personal examples.

Let love be your purpose in life.

Cathy Sneed

“The steadfast love of the Lord never ceases, his mercies never come to an end.”

Reflections

CIRCULATE LOVE

I am loved and loving.

One of the greatest motivators of people blessing people is God's love. When I let God's love be expressed through me, I know that I am not saying or doing something for the return I may get from it. With a loving attitude, I stir up positive feelings within myself and within others.

I am loved and loving. Love circulates through my mind and body. God's love for me and within me reaches out through me. Love quiets any anxiety, softens my voice, and quickens my actions.

Love lifts me above any challenge, giving me a perspective that helps me to understand my important place in life and the good I have to contribute. Whatever I think, say, or do, I want it to be with love. The love I give comforts, strengthens, heals, and motivates me and others.

“Let all that you do be done in love.” – 1 Corinthians 16:4

Daily Word, Love, Inspiration, and Guidance for Everyone

Unity of Hilton Head Chaplain and Prayer Ministries are available for your prayer needs. To reach a chaplain, call Elizabeth Mc Ginnes @ 843-341-3899. Chaplains are also available each Sunday after church and a healing meditation service is the first Sunday of the month following the church service.



Ann Tunney



Aglow with God-- This month's interview selection of Anne Tunney perfectly coincides with the theme of love. For Anne, God's love manifests daily through her inner happiness and her relationships with others. She is attuned to the love energy of others and daily practices "the miracle" of love in her interactions as suggested in [A Course in Miracles](#). Her passion is to service and to leadership at UCHHI. She is presently the board President and Bookstore manager. In addition, she is a faithful consistent giver and participant in UCHHI workshops and study groups.

Her path to Unity began in her 20's when she began reading metaphysical literature starting with Edgar Cayce. She also began her study of yoga that has now spanned over 35 years of practice. UCHHI is presently Anne's focus, and along with others, creates the loving atmosphere and energy dynamic each week.

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Her personal mantra is *God is within*.

Before moving to Sun City and Bluffton in 2007, Anne was a long time resident of Washington, DC due to her long career with the FBI. Anne began working with the FBI following her high school graduation, and worked her way through the ranks of the FBI, ending her career as a Unit Chief in the Public Affairs Office, one of the first non-agents to achieve this post. Anne shyly won't divulge any FBI stories, but she will admit she worked for all the past FBI directors, starting with J. Edgar Hoover. As an overseer of media when she had weekend duty, and editor of print materials going to Congress and the public, we can guess she has some good stories.

Yet, Anne gives all the credit to God for her good fortune and a job she loved.

Anne is presently single and loves to take spontaneous trips.

She is active with the Solos' Dine-Around Group in Sun City, along with her numerous UCHHI activities. Her charitable interests include St. Jude's Children's Hospital and Christian international relief projects. Anne describes herself as happy and often silly to counteract her serious side. Yet, her friends know she is loving, loyal, and a good listener.

On the subject of Divine love, Anne knows she is important to God and God wants her to be happy. She finds joy in everything, knowing God is with her. In Anne's words "love never dies but we must understand forgiveness before we understand love."-- Wise words for us all to remember.

Spirit Work

LOVE CHALLENGE

Wearing a bracelet for your favorite cause or as a reminder to be complaint free are powerful tools to help us remember our passion or break a negative habit. This month take the Love Challenge and create your own love bracelet. You can use a simple rubber band, a pink ribbon, or even your favorite bracelet or everyday watch. The process appears simple but may be hard as you train your mind and Spirit to a new way of thought and behavior. The process is to start each day with a loving thought or a positive affirmation so you set the tone for

your day. Then, as the day progresses and your love filled Spirit is challenged by a person or event, and you lapse into negativity or unloving thoughts, move your "bracelet" to the other wrist. Continue this practice for the month of April and see how your life becomes more peaceful and harmonious. What better reward than a life that is loving and happier, full of wonderful life experiences and friends.



The Twelve Powers of Man

The fourth power in this series is love. In [The Twelve Powers of Man](#) remember that Jesus and His twelve disciples metaphysically represent the Christ in you, and the twelve powers are avenues in which the Christ expresses through you. The reader is encouraged to read the source materials listed below along with the Unity series presented at

www.unity.org/12powers

LOVE

Defining and understanding love has been humankind's quest since the beginning of man's mortal existence. We all yearn for the love experience that will brighten our daily existence and will heal our souls. Cora Fillmore said "love holds soul and body together" and "love is the attractive force that draws our good to us according to the depth and strengths of our realization of love." So, with all that good love available why is there disappointment and pain associated with love?

Most often, citing Mr. Roth, "when love is divorced from or not united with wisdom trouble results." Examples of misdirected love are those who use manipulation, self-pity,

victimization, or aggression to meet their needs for love. If you need a visual illustration spend a few hours watching soap operas and see the misdirected love in secrets, affairs, and grand manipulation schemes to entice the love object. In Cora Fillmore's words "love and wisdom must go together in order to give the balance necessary for harmonious and wholesome expression."

The love we truly seek is an unselfish love that helps in soul enfoldment (per Cora Fillmore). God's love is the transforming force. Cora instructs us "that God must win our hearts" and "God doesn't force or suppress the wild, uncultivated forces within the heart, but He gently opens avenues through which these forces may express themselves constructively." Unfortunately, humankind has found many distractions from this pure form of love.

Love is represented by the Apostle John and Wisdom is represented by the Apostle James and together they are called the Sons of Thunder. Love is also considered to be the feminine expression and wisdom the masculine. Charles Fillmore further describes "love as the daughter of God who is beautiful, enticing, fascinating, timid, bold and fearless." Maternal love being the strongest as life itself. Divine love, however, is the prime example of love. This Easter season we often recall the words "for

God so loved the world that he gave his only begotten Son, that whosoever believeth on him should not perish, but have eternal life."

In the body, the love center is located in the network of nerves behind the heart. Wisdom is located in the solar plexus. Remember those first pangs of love and the butterfly feeling in your stomach? Clearly, the two centers are communicating, and in a successful relationship the two centers are in sync. Love strengthens, uplifts, and redeems. Cora Fillmore provides the plan for us when she says "remember love, cultivate it, radiate it, send out thoughts of love and feel the warm love of Jesus Christ in our hearts."

Pink is the color of this center and our goal is to remember God is Love.

Affirmation: Jesus Christ is now here raising me to His consciousness of infinite love, and my soul is filled and satisfied

Sources: [The Twelve Powers of Man](#) by Charles Fillmore and [Christ Enthroned in Man](#) by Cora Dedrick Fillmore, Unity House, Unity Village, Missouri.

[A Twelve Power Meditation Exercise](#), by Charles Roth, Unity House, Unity Village, Missouri.

On the Bookshelf

Spiritual Relationships by Paramhansa Yogananda

Feeling out of sorts or not happy with the quality of your relationships? Paramhansa Yogananda clarifies in this small but powerful book the message of Divine Love as reflected in our relationships with friends, partners, and family.

This book is Volume 3 from *The Wisdom of Yogananda Series* and reading the full series that discusses happiness, karma and reincarnation and success will provide you with profound truths from this spiritual master. He also incorporates "how to" sections on curing the bad habits that ruin friendships and the plan for choosing the right partner

and creating a lasting marriage.

Here are some excerpts that will demonstrate the clarity and sacredness of his messages.

In pure friendship you will find God. If you would be a true friend, you must recognize the soul... By being true to yourself and a true friend to others, you gain the friendship of God.

Spiritual marriage means union with God, soul, and spirit. Marriage is not a man-made law. It is God-made.

Through all the dance of life and death, know that God is love. The only purpose of life should be to find that love.

This is definitely one book you will want to keep on the bookshelf when your relationships are strained to quickly realign yourself with the divine path of love that brings lasting happiness.

The Unity Church of Hilton Head bookstore is open Sunday after church in the Fellowship Hall. If you have a book request contact Anne Tunney at 705-2608.

By being true to yourself
and a true friend to others,
you gain the friendship of
God.

April Calendar

Mark your calendar for the following messages and events.

April 4:	<i>The Abundant Life</i> - Easter Flower Celebration at 10:30 am.
April 11:	TBD
April 18	TBD
April 25	TBD

Things to Know

- Read your weekly E-contact note for current activities and messages from Rev. Epstein. Not getting your E-contact note? Send Marilyn Lange, our church office manager your e-mail address at unitychurch@hargray.com or call the church office at 843-842-8300.



Justin performs his first Baptism
March 14th

In Remembrance

In the past months, two remarkable men, Nigel Barton and John Chung made their transition. We at UCHHI, along with their families, were saddened as we celebrated their lives at memorial services and their journey "to the other room."

Nigel Barton (November 1, 1945-March 4, 2010) Nigel was born and raised in England. He studied at Reading University and began long and renowned career as an Animal Geneticist working in Scotland. He was president and one of the founders of Aviagen, the world's largest poultry breeding company. Upon retirement, he moved to Bluffton and continued his leadership activities as the president of the UCHHI board and vice-president of the Rose Hill Plantation's community association. Nigel also loved vintage cars, boating, and was learning to fly. He is survived by his beloved wife and UCHHI chaplain, Mary Ellen Barton. His children include Mark Barton of Abingdon, London, England and Jennifer Giffen of Auckland, New Zealand and two step sons, Tony Sulkoff of Bluffton, SC and Todd Sulkoff of Eugene, Oregon and stepdaughter, Theresa Bryant of Huntsville, AL. He was also the proud grandfather of nine grandchildren.

John Chung (July 14, 1927- February 28, 2010) John was born in Cleveland, Ohio. He graduated with a BA and MBA from Rutgers University. As a young man, he entered the Army during WWII and later transferred to the Air Force. During his military career, he was instrumental in modern cockpit design allowing women and smaller men to become pilots. After the military, John continued working as a design engineer and production quality control person. John is survived by his wife, Virginia. John is also survived by his daughter Catherine Clements and grandchildren Margaret and Brian of Vienna, Virginia. He was active in the Lions Club.

Unity Church of Hilton Head

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Feedback:

Have a favorite quote, story, or spiritual experience. Pass it on and let us share it with others. Send to Cathy Sneed at sneeds@yahoo.com

VISIT OUR WEBSITE:

www.unitychurchofhiltonhead.org

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