



Unity Church of Hilton Head Island

Connections

Daily Word

Affirmations

Inner Peace

I am grateful for life. I am at peace.

Guidance

Spirit guides and directs me in all my choices.

Healing

I am open and receptive to the divine healing power within me.

Prosperity

I am blessed by the goodness of God.

World Peace

I see God in every face.

These affirmations are from the November/December 2010 issue of the Daily Word. It is suggested to follow these simple steps to help support you create a spiritually center 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.

Note from the Editor

During this busy holiday season as you hurriedly rush to find the perfect gifts, remember that the truly perfect gifts are from God. This month's newsletter guides us to recall the gifts of Spirit through prayer. Reading The Prayer Chest will warm your heart and perhaps inspire you to begin the tradition of a prayer chest in your home. Have a blessed Christmas and thank you for your readership of the UCHHI Connections newsletter. Exciting themes are ahead in 2010.

Cathy Sneed

Reflections

The Gift of Prayer

I give my loved ones the gift of my faith-filled prayers today.

I dedicate this message to my loved ones:

I said a prayer for you today. You may not have known that I was thinking of you at that moment, but perhaps you felt the reassurance of God's love and my own.

I said a prayer for you today, for your well-being, your peace of mind, your strength of spirit. The greatest gift I can give to you is my prayers, and I gladly do so, knowing that

God's presence is active in your life."

I said a prayer to God today and gave thanks to the One who created such a master piece. You are God's child, and I could not ask for a greater Protector for you than God.

I said a prayer for myself today, a prayer that I may always know your friendship and love in my life."

I said a prayer for you today, because I love you and I care.



From The 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.

The WORD of the MONTH GIFT

"God's greatest gift to man is the power of thought, thought which he can incorporate into his consciousness the Mind of God"

...from The Revealing Word by Charles Fillmore

Marie Ford



“I was carried on God’s footsteps” back to my loving family and the start of my new life.”

“Flowers are God’s art projects on earth” is a phrase often used to describe the gift of flowers on our planet. For Marie Ford they represent God’s handiwork and God’s expression of beauty in our world. At UCHHI, we are privileged to have Marie as the director of the Flower Ministry for the past three years. Due to Marie’s dedication and talent, our church is blessed each Sunday with a beautiful expression of God’s love through flowers that she lovingly arranges.

Marie comes naturally to the Flower Ministry as she as always loved beauty and design. She is formally educated in Landscape Architecture having received her BLA from the University of Georgia. Her talent also comes from her family roots as her father was an architect and her mother an interior designer. Her maternal grandmother also inspired a young Marie with her gardening. However, there is another less known side of Marie and that is of an adventure seeker.

Following college graduation, Marie moved to California and became a “flower child” for awhile. She boldly sailed to Hawaii and lived on the “flower

island” of Maui for 4 ½ years and worked as a licensed landscape architect. She then briefly returned to the United States and worked in Houston, Texas before beginning her backpacking trek through Central America. Amazingly, one adventure involved working at the Panama Canal as a “line handler”- a person who assists smaller boats through the Canal. After her Central America adventure, she returned to her native Atlanta and worked with various firms including her father’s architect company.

The 1980’s marked another life change for Marie as she moved to Hilton Head to continue her career. Yet, in the 1990’s, Marie, the adventurer, switched her career to retail work. She then moved to Bluffton where she now maintains a wonderful home garden. Besides the love of gardening and of nature, Marie enjoys biking, swimming, Tai Chi and Qi Gong. Marie was initially introduced to Tai Chi while in Hawaii and the practice introduced her to the path of health, wellness, and fitness. Also, her recovery through Alcohol Anonymous (AA) helped her to

“cleanse her life.” Marie has now been clean and sober for 25 years.

Spiritually, Marie has found that Unity helps her to be optimistic and positive. She has felt her connection with God increase through positive self talk and the connection with like minded people. For her, UCHHI is a place that gives her peace and reassurance that she is not alone. As for prayer, this month’s theme, Marie believes it was the power of prayer that saved her from the dark times of alcoholism and dysfunctional relationships. In Marie’s words “I was carried on God’s footsteps” back to my loving family and the start of my new life. To Marie, she has no doubt that “if I stay sober, I’ll always have a connection with God.” Her prayers now are of gratitude for being on the right path away from addictions. AA, she says, has shown me humility and Unity has broadened my spiritual pathway to help me align my psyche with God.

UCHHI is fortunate to have Marie Ford’s talent bless our sanctuary each week with her beautiful flower arrangements.

Spirit Work

Your Own Prayer Chest

Inspired by this month’s book review, [The Prayer Chest](#), make or purchase your own family prayer chest. In selecting your box, does it feel special and sacred? Does it offer security for your treasured prayers? Finally, does it have a special resting place in your

home? Now, with reverence, prepare your prayers and place them in the box. Frequency depends on you, but it could be at the beginning of the year or it could be in time of need. Remember that God already knows your request and is working on your request so no need to peek or repeat the request. Your role is to be open to the answers to your prayers

and notice how your prayer is answered through you and when you welcome all circumstances in your life. As Myrtle Fillmore said, “become the radiating center toward which those are drawn who will add to your happiness and cooperate with you in making your life a beautiful success.”



Healing Letters by Myrtle Fillmore

Myrtle reminds us in her chapter on "Going into the Silence" that the gift of prayer is that it gives us power and restores us. This is God's free gift to us. ."

A period of quiet and rest each day is your opportunity to establish yourself at the center of your being, the one place where the supply of life and substance is inexhaustible.

God is this eternal life that we make into living. Each day you should have a period of stillness when the soul may gather sustaining power and restoring life. God gives freely; it is for us to keep the receiving channels open, to keep attuned to the realities so that our intellect

does not take us out among the limited ideas of the world. The manifest man must have the sustenance that can come only from within. We should not draw the strings of this instrument of Spirit so tight that the music of the soul cannot find expression, but this is what living in the world without withdrawal to the secret place does to us.

Prayer Quotes

"But whenever you pray, go into your room and shut the door and pray to your Father who is in secret." Matthew 6:6

"You show me the path of life. In your presence there is fullness and joy." Psalm 16:11

"For God alone my soul waits in silence." Psalm 62:1

"Every good gift and every perfect gift is from above, coming down from the Father of lights." James 1:17

"The only way to reach God through prayer is to cleanse your mind of all negation...and fill it with thoughts of love, service, and joyous expectation." Paramahansa Yogananda

"Through prayer my mind, heart, spirit, and soul are acquainted with the divine truths that bring joy, clarity, and peace." Angelic reflection from [Angel Wisdom](#)

On the Bookshelf The Prayer Chest by August Gold and Joel Fotinos

The Prayer Chest will bring a smile to your face, a tear to your eyes, and a glow to your heart.

This powerful novel inspires and renews your spirit that prayer works. As in the story, life offers challenges and triumphs and a few miracles. In fact, you may discover similarities in your life with the characters in the book.

Like many of us, the main character, Joseph, faces financial setbacks, neglected aspirations and moments of doubt. Yet, Joseph finds that with faith and prayer, life will also provide prosperity, abundance, and love.

The secrets of the prayer chest remind us "that prayer is an answer through you when you listen and when you welcome everything."

This Christmas season, drop this book in a loved one's stocking. It is a gift worth giving and receiving.

To quote the book's jacket cover, "*The Prayer Chest* is a wise and warm tale that will revolutionize everything we've ever thought about prayer—and the meaning of our lives here on earth. A parable for people of all faith—or none—it is to be read, enjoyed, and above all, lived."

Cathy Sneed

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.

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December Calendar

Mark your calendar for the following messages and events.

December 6: Guest speaker, Rev. Barbara Higgs and her message "The Gift of Peace," and Healing Service 12:00-12:30.

December 13: Message: *An Advent Message*

December 20: *Annual Candle Lighting Service*

December 24: *Christmas Eve Service* 6:00 p.m. at location TBA

December 27: *Annual Burning Bowl Service*

Did You Know?

- The Flower Ministry welcomes your monetary donations and will help you celebrate special occasions or remember loved ones through special floral arrangements. Contact Marie Ford at 843-757-8480.
- The Annual Thanksgiving Potluck was a great success with over 50 people enjoying the holiday fare
- UCHHI donated 4 large baskets of groceries to Bluffton Self Help and Deep Well-- thank you all for your contributions.
- Mark your calendars for a great workshop January 10th on Treasure Mapping with Frank and Mary Lou Stark. Treasure Mapping is a great way to visualize your goals.
- Feel the calling to serve? The Prayer Ministry will begin Chaplain training in January. See a Chaplain for details how you can serve UCHHI through prayer.

Thanksgiving Potluck 11/22/09



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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