

February 2010

Unity Church of Hilton Head Island

Connections

Daily Word

Affirmations

Inner Peace

The indwelling Christ is my sanctuary of peace and serenity.

Guidance

Guided by divine wisdom, I soar to new heights of understanding.

Healing

Diving love heals and restores me. I am alive, alert, and enthusiastic about life.

Prosperity

I move forward to new blessings, trusting in the prospering power of Spirit.

World Peace

With hearts united in love, we bless our world and envision peace for all people.

These affirmations are from the February 2009 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.*

Note from the Editor

This issue is exploring the faculty or center for strength. Through the *Twelve Powers* discussion, the book review, the SPIRITWORK, and the Spotlight interview discover the many facets of strength. Have a strength filled and loving February. God of all grace...will himself restore, support, strengthen, and establish you." -1 Peter 5:10

Cathy Sneed

Reflections

Strength of Spirit

"I am empowered with the energy and strength of Spirit".

Divine power is mightier than any circumstance or situation, stronger than any person or thing. But how can I tap into this power and use it to grow stronger?

I do through the presence of God within me. In 1 Corinthians, Paul reminds us all, "We proclaim Christ...the power of God and the wisdom of God." By turning to the indwelling spirit of God, I have access to divine power and to the wisdom I need to use it wisely.

The spirit of God goes with me wherever I go, so I always have the energy and strength I need to face any situation. I let go of human doubts and let God fill my mind with the wisdom and understanding that will never fail me.

I am empowered with the energy and strength of God!

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 McGinnes @ 843-341-3899. Chaplains are also available each Sunday after church.

The WORD of the
MONTH

STRENGTH

"The energy of God. Freedom from weakness, stability of character; power to withstand temptation; capacity to accomplish. All strength originates in Spirit, the thought and the word spiritually expressed being the manifestation."

...from The Revealing Word
by Charles Fillmore





James Shepard

"Paramhansa Yogananda wrote "trials do not come to you to destroy you, but in order that you may appreciate God better." Jim Shepard is our first lay Board member to be featured this year. It also happens that he is someone that personifies strength of character. However, he will be the first to tell you that his life has not been perfect and was perhaps a bit "checkered." The important part of his story is that he is now growing in his appreciation of God through his service on the Board of Directors of UCHHI and his Sunday service of ushering.

Jim acknowledged that he wasn't much of a church "goer" for most of his life. He did attend an Episcopalian boarding school, but church was more of a social event rather than a spiritual journey. In addition, as a medical doctor and a man of science, he was a "doubter" most of his life. It wasn't until his marriage to Wendy that together they sought out a church home in New York and later in Hilton Head. Jim finds UCHHI a place "where I can go for comfort" and a place "where I always feel better after

service." In addition, Jim has found spiritual enrichment through the AA recovery program and today facilitates a weekly recovery group for health care professionals. After his retirement from 40 years as an ENT (ear, nose, and throat) medical doctor, Jim became a certified Drug and Alcohol counselor. His experience has included work with the elderly, the homeless, and health care professionals in diversion programs.

In Jim's early history, he described himself as a "me" person. He was born into an affluent family and his early years (4-10) were spent in Europe. He was raised by governesses and attended boarding school until college. He first went to Yale but dropped out after 3 years and briefly worked as an athletic instructor. During this time and various night school courses, he became interested in science. After college graduation, he applied for medical school and graduated from New York University. He then began his long and distinguished medical career. Unfor-

tunately, his family life suffered at times and Jim has two sets of children from his first and second marriages. The five children range from 35-54. Jim and Wendy have been married for 18 years but have known each other for over 30 years due to their medical careers. Jim proudly declares, "Wendy is a damn good nurse."

Nowadays, Jim enjoys his retirement life in Sun City enjoys gardening and is a certified naturalist from Clemson. He also likes to play golf and to fish. For Jim, this is the happiest part of his life and he admits he is still searching and evolving along his spiritual path. In retrospect it appears that it was Jim's strength of character, his integrity, and his compassion to help others that guided him through "those self made trials of life"; but in the end it appears Jim Shepard and God have established a good relationship.

"where I can go for comfort" and a place "where I always feel better after service."

Spirit Work

Strength Banner

From ancient times to today's modern armies, a standard or banner has been used to identify a military unit and to symbolize its authority and strength. Think of the banners you have seen with fierce dragons or lions on them. Think of the colors you have seen that represented strength and courage like gold and red. Think of the ideals that the banner or flag has represented like our country's flag and its

stripes, representing the ideals of democracy founded in the original 13 colonies. Your SPIRITWORK this month is to create your own banner of strength. It will have three sections representing the strength of the physical, the mental, and the spirit. First, think of an item or animal that represents physical strength for you. It could be a lion, a buffalo, or other power animal or an inanimate object like a barbell. For mental strength, it could be a word like integrity or an anchor

for stability. Spiritually, it might be a picture of an inspiring person, a phrase or a symbol like a cross. Whatever your selections, you should gaze upon it and instantly sense strength in your body, mind, and soul. Keep your banner close as a daily reminder and perhaps carry it with you during stressful times. One never knows when that proverbial lion known as fear, stress, or anxiety may jump out!



The Twelve Powers of Man

This series continues with the second power, strength. 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 for elaboration along with the Unity series presented at www.unity.org.

STRENGTH

“I am strong in the Lord and in the strength of his might”- Ephesians 6:10

The key to understanding the quality of strength is that all strength originates in Spirit. Then, through the thought and the word are spiritually expressed and manifested. Using Charles Fillmore’s definition of strength, it is the energy of God. Strength is physical, mental and spiritual.

We might think of this energy of God pulsating through us like an energy grid flowing from its original

source to large transformer stations and finally through small electrical lines which light our homes. Likewise, the faculty of strength has its source in God and is surging this Christ energy on invisible currents through our bodies, assuring the proper functioning all the nerve centers, down to the smallest cell. In physical terms, it provides for a strong “core” body. Strength is that energy that props up our physical bodies and gives stability and steadfastness. Mentally, the faculty of strength gives clarity, the ability to think and the stability of character to stand for opinions and convictions. Emotionally, strength assures the stability of character through calmness and inner peace rather than anger and upset.

Spiritually, the strength of spirit is vital to growth of the soul. Charles Fillmore uses the analogy of a seed and says “the seed, or Word of God, is sown in the minds of men; these seed ideas go through many changes; and they bring forth a harvest according to the capacity of the receiving soul.” In practice, according to Charles Fillmore, “we grow to be like that which we idealize... and affirming or naming a mighty spiritual principle identifies the mind

with that principle.” Jesus, our spiritual ideal, manifested this strength through his life and resistance to sense temptations. For us, on a daily basis, filling our minds with spiritual thoughts of love and peace, affirming our good through affirmations, and leading a life of service are all vital to building up one’s spiritual strength.

In short, “whatsoever a man soweth, that shall he also reap.”

This faculty or center is represented by the Apostle Andrew and is located between the ribs and the pelvis, also known as the loins. It is our centering point. Per Mr. Roth, there is a Sacrospinalis muscle that connects the strength center (Andrew) to the head/faith center (Peter) indicating how the brothers of faith and strength are connected to carry one through adverse circumstances. The color of this center is light green that often symbolizes new life and new growth.

Affirmation*

Jesus Christ is now here raising me to His consciousness of sustaining strength and I rest in joy and peace.

On the Bookshelf

How To Let God Help You by Myrtle Fillmore

Myrtle Fillmore speaks about how she gathered *strength* during the most critical time of her life, when in 1886, at the age of 41; she was told she had a short time to live. Describing her husband and herself as “a sickly lot” who became unable to care for their children, she found that her first Truth class “filled and satisfied all the empty, hungry longings of my soul and heart.”

Vowing “earnestly and persistently to do His good will,” and devoting herself to “learning, speaking and living the laws of Truth,” she encouraged others to believe that the “Presence and Power of Christ” within would provide them with strength, healing and prosperity.

Applying Truth principles both to her family life and her ministry inspiring, she found God to be “a help in every time of need” with improved health for herself, her family, and those who sought her help.

“I found that my body temple had been literally transformed through the renewing of my mind,” she declared, her strong spirit shining brightly amidst the challenges she encountered along her journey. Living until the age of 86, she enjoyed a fulfilling life in which she realized “real peace, strength, freedom and wisdom” and founded the Unity movement and Silent Unity.

“This is not just a book; it is more like a friend that will be there for you when you need to be reminded that you can never be separate from the loving spirit that created you and all of life,” the granddaughter of the Fillmores, Rosemary Fillmore Rhea, declared in the book’s introduction.

Indeed, inspiration is ubiquitous throughout these treasured pages.

Susan Thomas

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.

“I found that my body temple had been literally transformed through the renewing of my mind,”

December Calendar

Mark your calendar for the following messages and events.

February 7: "Procrastinate No More" and Birthday/ Anniversary Sunday.

February 10-March 10: Supercharge Your Spiritual Life with Rev. Justin Epstein, Wednesdays, 6:30-8:30 pm at the Quality Inn.

February 14: Magic Keys to Success with People and Healing Service at noon.

February 21: "The Ground of Being"

February 28: "The Divine Mind Milieu"

Did You Know?

- Justin on the Radio! Justin will be broadcasting 60-90 second spots at 6 a.m. every Monday-Friday on Adventure Radio 107.9 F.M. The station can reach as far as the outskirts of Charleston. Stay tuned for more information.
- The Christmas Eve Candle Lighting Service at the Hampton Inn was a great success with over 50 people gathered to celebrate the occasion.
- On Sunday, January 10th, twelve master "manifestors" braved the cold of the Quality Inn meeting room with Frank and Mary Lou Stark to stay and work on Treasure Maps. Much progress was made as people clipped pictures and phrases and prepared collages that represent their intentions for the next year in various aspects of their lives.
- Small groups continue in Bluffton and Hilton Head. Small groups are great for that "mid-week" spiritual pick-up. Inspiring testimonials continue. Wouldn't you like to share your relationship with God with fellow spiritual travelers? Contact Cathy Sneed via the church office to schedule a time in March or April.

Performers at Christmas Eve Service



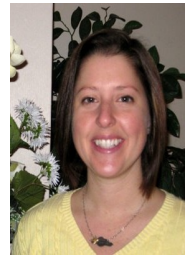
Testimonials



Linda Warnock



Rona French



Stephanie Bell

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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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