

May 2010

Unity Church of Hilton Head Island

Connections

Daily Word

Affirmations

Inner Peace

I affirm the peace of God with me.

Guidance

I turn to God within and know my path is directed.

Healing

I bless my mind and body with thoughts of perfect health.

Prosperity

My life is abundant, and I share my abundance by serving others.

World Peace

I promote harmony by being at peace.

These affirmations are from the May 2010 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 POWER

“Man’s innate control over his thoughts and feelings. Man is the power of God in action.”

...from The Revealing Word
by Charles Fillmore

Note from the Editor

This month the power center and the power of words are featured. Likewise, Rev. Justin is helping us understand the powerful meanings of the Ten Commandments during his Sunday messages in May. Think about your words this month and their power in your life.

Cathy Sneed

Out of the abundance of the heart the mouth speaks. The good person brings good things out of a good treasure.
Matthew 12:34-35

Reflections

TREASURED WORDS

My words are treasures of the heart, for they speak of harmony and love.

Throughout His ministry, Jesus demonstrated the amazing power of the spoken word. He spoke with faith and authority, with compassion and belief, saying “Out of the abundance of the heart the mouth speaks.”

Today and every day, I follow Jesus’ example and speak words of power and wisdom. I rely on God to guide me, so I know that my words will be loving and kind, that they will promote harmony in my own world and throughout the planet.

I want every word that comes out of my mouth to be a message of goodwill from God. God speaks through me to proclaim the good news. Great joy is available to all of us when we recognize and give thanks for the treasure we have to share.

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 or Carol Tietjen @ 384-9256. Chaplains are also available each Sunday after church and a healing meditation service is the first Sunday of the month following the church service.



Billy Nafziger



Power Within During this month's interview with Billy Nafziger, the phrase *power within* seemed suited to his personality as well as the many activities of Billy. For many of us, Billy has been a key figure at UCHHI the last five years as the coordinator of the sound system, as well as the Secretary and Treasurer of the Board for three years. He also assists as platform leader in Justin's absence. Most recently, he began Chaplain training. Billy values the religious tolerance of UCHHI and the support of others.

However, when you ask Billy about his passion now, it is "helping people to experience God in their lives." He is manifesting this passion through his website, www.confidencefirst.com that will encourage people to become who they really are. His goal is to create and promote programs that empower people to achieve abundance, to reduce stress, and to overcome limiting beliefs.

Billy's journey to this point has been inspired by Norman Vincent Peale, Deepak Chopra, Marianne Williamson, Eckhart Tolle, Larry Craig, and most recently the teachings of Buddha. Billy also found his own *power within* this past year during the economic downturn that impacted his remodeling business. The positive outcome of those events has been the development of his website, and his new spiritual path.

For Billy, he has come to understand that inner confidence comes from the Source; and when we find that outer circumstances or ego identifications have a hold on us, it isn't our true nature or who we are. It is Billy's desire to help others understand this basic belief and give others the *power within*.

For recreation you might be surprised to know that Billy loves to dance and you may see him out ballroom dancing. You also might see him at the yoga

studio. Billy also volunteers at the Bluffton Self-help. As for his work life, Billy's construction and remodeling business keeps him busy along with his new website promotion. Billy is single and has two children, Nick, age 22 and Tara, age 21 both in college.

You will recognize Billy by his welcoming smile and his enthusiasm for life and happiness. From all appearances, Billy has found the *power within*.

It is Billy's desire to help others understand this basic belief and give others the *power within*.

Spirit Work

POWER CARD DECK

Create your own power deck of cards this month to create a new habit of using positive and powerful words to create a new consciousness. Your power deck can also be used in your daily meditation, as you focus on that word for the day.

To make your power deck, you can use spiraled index cards or use existing greeting cards with inspirational pictures and cut them to size with your word on the opposite side. For this month just make 30 cards but don't hesitate to make more for the rest of the year.

As for the words, use words from the Bible, spiritual literature, [The Revealing Word](#), and a dictionary. To get started use the [Twelve Powers](#) words of faith, strength, wisdom, love, power, imagination, understanding, will, order, zeal, elimination and life.

The key is to use words that give you a feeling of strength, reassurance, and hope. Charles Fillmore reminds us "that affirmations of words or of Truth realized in consciousness bring the mind into just the right attitude to receive light, and power, and guidance from Spirit."



The Twelve Powers of Man

The fifth power in this series is power. The reader is encouraged to read the source materials listed below along with the Unity series presented at

www.unity.org/12powers

POWER

Do you sometimes feel bombarded with the noise from your environment as well as the noise of political rhetoric? Do you question, what should I give my attention to? According to Charles Fillmore, when “we are united with the oneness, one is not disturbed by the changes that go on in his mind and his body; he knows his spiritual dominion is established.” It is through the throat center that one can feel the power of unity with the higher self more quickly than any other way. Power is a force generated from God through the activity of our words and thoughts.

In the *Twelve Powers of Man*, the center of power is located in the throat or specifically the root of the tongue. The Apostle Philip is associated with this center as well as the color purple. Charles Fillmore wrote, “The throat and the voice control all the vibratory energies of

the organism and it is the door between the formless and the formed and that every word that goes forth receives its specific character from the power faculty.” The power faculty also transforms the energy form one plane of consciousness to another and is thus important in the controlling the expression of emotions, inspirations and thoughts.

Mr. Fillmore also wrote “every word that man utters makes an imprint on the astral ethers.”

As an example, have you ever said something and wished you could have taken it back later when you learned the consequences of your words? Fillmore reminds us that words are powerful and that man needs to have dominion over emotions and feelings to accurately interpret the original impulse from God’s consciousness. Another way of explaining this phenomenon, per Mr. Roth, is that “power is not over others but the “quickenning power faculty in you, which allows the universal power of God to move through you.” Cora Fillmore said “our consciousness is the channel through which God’s laws find expression.” Following this line of thinking, words are powerful and used positively create a higher vibration and when used negatively creates destruction. Affirmations are a frequently used tool to help us align with the Divine.

On a personal level, have you noticed how your voice may correspond with a mood?

When you are sad and depressed your voice maybe lower and more sorrowful. Yet, when you are happy your voice is stronger and more vibrant; and when you are in love, your voice is warm and mellow? Mr. Roth comments that “power working with the love center makes your words a powerful harmonizing influence.” Contrary, “people who talk loudly and boldly are inwardly insecure and the loud talk is to keep others off guard so they don’t see the speaker’s fear.” Charles Fillmore cautions us not use the power center for selfish or ambitious activities and to watch your ideas with discernment. Instead, our goal is to listen to Divine intuition, which is the source of your freedom. Cora Fillmore added “watch your words and watch your thoughts.” Furthermore, “be truthful and if you keep your thoughts right with God, you will speak the right words.”

As for worldwide implications, Charles Fillmore predicted we will continue to have failed relationships, failed businesses, and failed peace agreements until there is a spirit of cooperation over competition and good service over profits. Furthermore, “when enough people have attained this power there will be a new heaven and new earth.” The demonstration rests with us.

Affirmation: *Jesus Christ is now here raising me to His consciousness of divine power, and I am established in the mastery and dominion of Spirit.*

On the Bookshelf

Beyond Words and Thoughts by Joel S. Goldsmith

The author was a mystic, and wrote this book as a gift to his students of “The Infinite Way”. It is a distillation of the 30 books he wrote during the 1950’s and 60’s. The author was a self-taught spiritual healer and teacher who developed a large following of students—solely by word of mouth referrals.

He set up an office in 1951 to help students who wanted to be exposed to his classes. He taped those classes and then had the tapes transcribed into lessons. While teaching, he was often in an altered state of consciousness, and even he was surprised at what came

forth in his classes.

As the title of the book suggests—reading it can point you in the direction of the “experience of God and grace”; however, you have to go within and be in the silence for God’s grace to flow into your soul.

Reverend Justin has referred to Joel Goldstein and his powerful healings in recent lessons on Sunday mornings. For a deeper understanding of God’s grace, this might be the book you are looking for.

John 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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May Calendar

Mark your calendar for the following messages and events.

May 2: "Love Grief and Letting Go"

Birthdays/Anniversary Sunday and Healing Service 12-12:30

May 9: "Devine Mother's Love"- **Mother's Day**

May 16: "You Shall Have No Other Gods Before Me" - *Commandments 1 and 2.*

May 23: "Honor Your Father and Your Mother"- *Commandment 5*

May 30: "You Shall Not Take The Name of the Lord Your God in Vain"- *Commandments 3 and 4.* **Prosperity Bank Sunday**

June 6: "You Shall Not Kill...Commit Adultery"- *Commandments 6 and 7*

Things to Know

- The Spring/Palm Sunday Potluck was a great success with 50+ people enjoying the soup sampler lunch. Thank you event coordinators Ken and Kathy Pietsch and Frank and Mary Lou Stark.
- The Food Drive donated 4 large bins of food to local food pantries.
- 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.

In Remembrance

Mary Ellen Barton expresses her thanks in the letter below to all who supported her and the family through Nigel Barton's illness and transition

Dear Friends,

My family and I want to thank so many of you for all of your love, generosity and friendship. We are so grateful for all of the support that we have received and continue to receive. So many people showed up during Nigel's illness to lend support, run errands and just check in on us. You can't imagine how much that meant to us and how loved, and safe that made us feel.

And when Nigel made his transition to Spirit, I and my family were overwhelmed by all of you who showed up with food, flowers, etc. We quickly lost track of who brought what, but I promise each gift was so greatly appreciated.

We also want to thank each of you who were able to attend Nigel's Life Celebration. Your presence made it all that much more special.

Nigel was a very special, very loved man and I, the children and grandchildren know we are very, very blessed to have had him in our lives. He will be missed beyond words but your support helps so much.

Again, thank you from the bottom of our hearts,

Mary Ellen Barton and all of the family

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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