

July 2009

Volume 1, Issue 1

Unity of Hilton Head

Connections

## Daily Word

### Affirmations

#### Inner Peace

*I feel the peace of Spirit in this moment.*

#### Guidance

*Divine light illumines my way.*

#### Healing

*I am whole and well in mind and body.*

#### Prosperity

*I live an abundant life and claim my good now.*

#### World Peace

*We are peacemakers, expressing God's love in the world.*

## Reflections

### FREEDOM OF SPIRIT

*I am a free and whole person.*

I am free from anything that would hold me back from expressing the light and love of God within me! I am free with the freedom of Spirit. Thank You, God!

Life affirming statements and uplifting conversations are composed of the words of a free and whole person, and I am that person now. I honor the sacredness that is my wholeness- my mind, my body, and my spirit.

I am free from any kind of dependency. I am taking into a

temple of the Spirit of life. I honor the life of God within me by keeping my mind and body whole and free.

Freedom of spirit emanates from deep within me out into every moment of my life. Knowing that I am a spiritually enriched being frees me to live my life in a world of great possibilities.



#### 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

#### FREEDOM

“--The quality or state of being without thought or restraint, bondage, limitation, or repression; having a sense of complete well-being. It is the result of regulating one's life according to Principle, not according to what anyone else may think or say.”

...from [The Revealing Word](#)

## Dawn

By Rita Reisman-Litz

Dawn is more than sun rising in the morning. It is a time for starting fresh-of new beginnings. It is the end of doubts, discouragement and the darkness of the night. It dispels fatigue, past mistakes and problems-gives new light, insight and hope.

It is eagerly heralded by excited chirping of birds- the opening of leaves and flowers. Gentle

first rays gradually burst forth a shower of light-to drown out weariness and fear. It lifts the spirit and refreshes body and mind. Dawn is the sign of courage, new perspectives and action. Its message is of adventure, challenges and interesting experiences. It promises time for accomplishment, paths to enjoyment and enrichment. There is great beauty in

the dawn-a priceless day being born. There is no way to measure its value-no payment, no treasures to pawn. It come to us freely God's greatest gift-the Dawn of living another new day.

*This July 4<sup>th</sup> let's remember" the glory of the dawn" as we celebrate the hopes and dreams now manifest of a new nation long ago. In your life, let the dawn be a blessing to you of new life and new freedom. We thank you again, Rita Litz, for your gift of prose.*

## Carol Tietjen



**PROMISE KEEPER, SPIRITUAL SEEKER, and HEALER,** are all appropriate descriptions for Carol Tietjen. Carol will tell you that her life has centered on intellectual and spiritual curiosity and service for many years. Her primary esoteric studies have included Comparative Religions, Yoga (since age 17), Shamanism, Brennan Healing Science, Edgar Cayce, and Reiki. Most recently she is excited to discover how her healing practices are enfolded in the Course in Miracles.

Hilton Head is privileged to have her in our area practicing her healing skills to students and private clients since 2000. However, it was a near death experience in 1973 from a pulmonary embolism that changed the course of her life. During this event, she reported having a chat with Jesus and promising to commit her life to helping others if she could raise her children. A promise Carol has faithfully kept.

For Carol, UCHHI is a place to find like minded people. She feels the classes, the small groups and the socialization

events all contribute to “a joyous, nourishing and vital spiritual community.” Part of the church’s success is the wealth of spiritual experience found among the membership. Overall, she feels Unity “is powerful, and a force for embodying spirit in the world.”

At UCHHI she currently serves as a Chaplain and on the Finance ministry. In the past she has been a Board member, guest speaker, platform leader, and Silent Prayer Ministry director. She also has offered trainings in Tonglen, Emotional Energy, Spiritual Peacemaking and Shaman Journeys for Guidance.

Carol also promotes spiritual peacemaking, peace centering techniques, cultural tolerance, and forgiveness in her teaching seminars.

Carol’s family includes her husband, John, of 45 years and three children. The children, spouses and 9 grandchildren from ages 3-13 live in Stratford, CT, Lebanon, NH and Longview, WA.

Interestingly, the Tietjen’s lived overseas for 18 years in England, South Africa, Puerto Rico, and Germany due to John’s career with Colgate-Palmolive. Carol is deeply grateful to John for his unstinting support of her pursuits over the years.

Her professional career as a teacher (M.A) of the gifted learning disabled began in South Africa when her youngest started school and continued overseas. For enjoyment, Carol likes gardening, painting, and singing along with golf and cooking. Her friends most likely would say she is loyal, insightful, accepting, resourceful, and a good listener.

**UCHHI is truly blessed to have this WISE WOMAN AND PEACEFUL WARRIOR among us.**

“she reported having a chat with Jesus and promising to commit her life to helping others if she could raise her children”.

## Spirit Work

### ACTING AS IF

Oftentimes we feel stuck in a life pattern or have an emotional roadblock, thinking and dwelling on the negative and focusing on the worse case scenario. Breaking free isn’t easy, but *acting as if* may help you ease in; and eventually break through the resistance. The technique is to ask how

you ideally would like the situation, the feeling or the person to be. Now, close your eyes and visualize your ideal adding your desired feelings at the outcome. Using this “picture” daily as your guide, make your decisions about the situation, the feeling or the person to match your idea or more simply *act as if* it is already true and

in manifestation. Feel the FREEDOM.



“Breaking free isn’t easy, but *acting as if* may help you ease in; and eventually break through the resistance.”

## *On the Bookshelf* Autobiography of a Yogi by Paramhansa Yogananda

Those who seek a closer connection to God will draw inspiration from Yogananda's passionate quest to find God. While relishing his artful pen, the reader learns about the author's sacrifices, challenges, and rewards with learning required lessons from his guru, Sri Yukteswar.

After becoming a monk with the Swami Order and choosing his new name, Yogananda, meaning "bliss through divine union" (yoga), began his mission to teach yoga to his countrymen and the Western World, with the hope of this contribut-

ing to a lasting spiritual bond between the East and West.

Especially fascinating are portrayals of Mahatma Gandhi's personal life, extraordinary circumstances in the lives of other saints, and Sri Yukteswar's resurrection, during which he graphically depicts for Yogananda, the world of astral beings in the afterlife.

The many gifts of this book include a revelation of "the easiest, most effective, the most scientific avenue of approach to the Infinite." You will also surely want to

discover whether or not Yogananda was successful in finding God.

The first book written by a Hindu yogi for Western World, this special edition is a 2005 verbatim reprinting of the original 1946 edition and features an unedited chapter written by Yogananda after the first edition was published.

**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.*



Gwen at the bookstore

## *Did You Know?*

The sanctuary has beautiful new blue chairs and the red chairs were donated to a church in Beaufort.

Lynne Hickman is our new office manager and accountant.

Testimonials continue weekly and will be featured in our weekly e-message and website.

The membership goal is an average of 90 attending Sunday services by December 31<sup>st</sup>.

Our website is new and improved thanks to Rosanne Ball who is managing the website.

The Connections Newsletter is now on the website so more articles and outreach to our friends out of town.

Chris Woods, a brilliant violinist played at the June 14<sup>th</sup> service, with his father, Doug as accompanist



UCHHI has had Sacred Circle Dancing with Carol Hubers June 28<sup>th</sup>.

An All-American Potluck was enjoyed after church July 5<sup>th</sup> plus a Drumming and Journey Circle with Carol Tietjen.

Justin will be starting small groups on Hilton Head Island and Bluffton. Call about how you can participate

## Unity of Hilton Head

*The Quality Inn  
200 Museum Street  
Hilton Head Island, SC 29926*

*Phone: 843-842-8300  
Emergency 843-298-2785  
E-mail: [unitychurch@hargray.com](mailto:unitychurch@hargray.com)*

## *Feedback:*

The CONNECTIONS newsletter would like to expand with more articles, inspirational messages and poems from our congregation.

Contact Cathy Sneed at [sneeds@yahoo.com](mailto:sneeds@yahoo.com).

VISIT OUR WEBSITE:

[www.unitychurchofhiltonhead.org](http://www.unitychurchofhiltonhead.org)