



# unity

April 2016—May 2016  
Vol 32, Issue 3

Unity Church in Albany • 21 King Avenue • Albany NY 12206 • 518-453-3603 • [www.unityalbany.org](http://www.unityalbany.org)

## Easter Is Only The Beginning



**T**here is the birth of Jesus, then the death and then the resurrection...isn't that it? As I grew spiritually and learned more about

the Bible, it became clear that Jesus' resurrection is only the end of a chapter. Yet, it's not the end of any of the gospels. The end of the Gospels end similarly, Matthew 16:16-20 (VOICE)

17 When the disciples saw Jesus there, many of them fell down and worshiped, *as Mary and the other Mary had done.* But a few hung back. They were not sure (*and who can blame them?*).

18 Jesus came forward and addressed *His beloved disciples.* The disciples don't know what to think or how to act. Nothing like this has ever happened before.

Jesus: I am here speaking with all the authority of God, *who has commanded Me to give you this commission:*

19 Go out and make disciples in all the nations. Ceremonially wash them through baptism in the name of the *trine God: Father, Son, and Holy Spirit.*

20 Then disciple them. *Form them in the*

*practices and postures that I have taught you, and show them how to follow the commands I have laid down for you. And I will be with you, day after day, to the end of the age.*

The story continues as we are called to spiritually grow. In the passage above, our spiritual truth, Jesus, also known as the I AM, calls us forth to move from being his disciples, his students to becoming his apostles; those who are sent forth to carry Jesus' teachings to the world.

Evangelists use this as the marching orders to proselytize. In the "Revealing Word," Charles Fillmore states, "[Proselyting] is not in accord with divine law. The Spirit of truth within is man's one and only guide." The scripture above then becomes our call to action. We are to continue to purify our lower states of consciousness with the spiritual Truths that our higher consciousness knows. The teachings of Jesus continue to evolve within us. We are told to evolve to our Christ natures as Jesus did and taught us how to

*Mission Statement*

*The mission of Unity Church in Albany is to awaken to and embrace the Christ in all persons through prayer and service.*

(cont'd on pg 3)

## President's Corner

By Lois Crommelin

### Greetings!



Greetings to Members, Friends and seekers of Spirit:

Our Mission Statement is:  
*"To awaken to and to embrace the Christ in all persons through prayer and service".*

I can't think of another way for me to keep true to this statement than to serve on the board here at Unity Church. I thank each of you for

supporting and trusting our board members to hold the vision for our church. And a special thank you for entrusting me with this honor of being your board president for this upcoming year. I will remain open to your hearts. We are a circle. All must be included in the sharing of ideas, brainstorming, prayer, events, service. It requires everyone to create a happy, safe place to study, learn, teach, love, grow and be fulfilled as the person you were created to be. I take great joy in doing all of the above with all of you!

Need some ideas of where you can jump in? Here are the names of the board members who support various ministries. If something excites you, please feel free to contact us.

**Prosperity Team: Lois Crommelin 577-1113**

Holds the prosperity vision for the church which includes time, talent and treasure. Also to vision and set goals for the year.

**Spiritual Education: Nancy McClearn 441-7912**

Works with adult and youth education programs and supports the book store.

**Building & Grounds: Ernie Klemm 698-3360**

Plans for long and short term care of church property: including the Garden Team, and spring & fall clean up days.

**Inreach / Outreach: Bonnie Kriss 373-2135**

Includes Unity Church Cares Team, internal needs; outside support, i.e. food pantry, Pride Festival, marketing & assistance in the community.

**Special Events: Deb Foss 944-9858**

Supports coffee houses, church dinners / lunches, Christmas party, Pride Festival.

**Sunday Worship: Orisa Skipper 859-5226**

Supports Ushers, Light & Sound and Hospitality.

This is such an exciting time for us with our new minister and the many changes going on around here. Change is always necessary for growth and we are ready for this new thing.

I have seen the faithfulness and the joy being expressed here all through this past year of transition. We were present and strong before, during, and we remain. Kudos to Roger Mock and to Barbara Zeller, our Administrative Assistant, for being the glue by taking care of so many tasks we knew about and many others we didn't even know about! We grew up fast! Our Music Team, Roger, Mark, Pete, Sarah have also been glue by putting melodies and ministering words into our spirits to reflect on during the week. I find myself singing in my head all week long. Always one song sticks in my head like a mantra and just won't go away! Together, as One, we are Unity Church in Albany!

Love and many blessings to all of you!



## How Sweet The Sound

By Roger Mock

### Grace Happens

"I do not at all understand the mystery of grace – only that it meets us where we are but does not leave us where it found us." – Anne Lamott



While visiting family in the 1990s I happened to spot a bumper sticker on a parked car while walking down a New Jersey treet. "Grace Happens", it proclaimed in a child's fanciful script. I got up close and found a Martha's Vine-

yard address in small print, copying it down on a scrap of paper. I had to have one! In fact, I ordered half a dozen so I could give them away when anyone asked me about it, which they occasionally did. A couple of times a conversation ensued: "What is grace, anyway?"

Think of the word "graceful". Now think of a majestic white swan, sleekly gliding on a still pond toward the far shore, barely disturbing the surface of the water as it moves. We

call that graceful, because it slips so elegantly and effortlessly through the water and with such poise and self-assurance. You could say it has perfect faith in the flow of grace. It is one with the flow of the water and movement of the breeze, measuring each movement accordingly.

The flow of Divine Grace is always available to us. It does not descend from heaven every couple of years on a whim to toss us a coin or two. It is the free gift of the Creator ready to lavish its gifts upon us, no strings attached. All that it requires is a little willingness on our part to trust in the flow and a little lessening of the willfulness that we too often engage in instead.



Perhaps we are wired for grace the way a house is wired for electricity. Imagine living in that house but not knowing what electricity was or how it worked. Maybe we just have to know how to plug into that current.

***"The grace of God opens us to the swift, glorious and empowering way of Truth. It prepares us for a life that is altogether good."*** - The Daily Word

## Easter Is Only The Beginning *(cont'd.)*

do. It is as the Star Wars character Yoda said, "Do. Or do not. There is no try." There are many people who do not "do" the work of spiritual evolution. Many convince themselves that they will try to evolve. Yet trying becomes the same as not doing. What we are instructed to do is move forward in our spiritual development. We are all her to actualize our Spiritual natures. As Unity's fifth princi-

ples states, "knowledge of spiritual principles is not enough. We must live them.

***"And the day came when the risk to remain tight in a bud was more painful than the risk it took the blossom."*** ~Anais Nin

***"Luminous beings are we...not this crude matter."*** ~Yoda

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## Board of Trustees

### *Lois Crommelin, President*

Lois was raised in the Protestant faith and attended Sunday school, learned all the Bible stories, and was baptized at age 13. There was always something inside her heart to search for Spirit. She tried Catholic, Baptist, Pentecostal, Lutheran, and having found judgment and rules in all religions, it was suggested she try Unity Church. She first visited in the spring of 2004 and became a member in 2010.

Because of her hunger for learning, she became involved in the bookstore and attended Wednesday classes. Her visit to Unity Village in 2013 for Jackie's graduation/ordination was a huge turn around and she was literally transformed. She believes that some assets she can bring to our church family are: encouragement, support, wisdom, acceptance, love, laughter, patience, kindness, faithfulness and joy. She will try to uphold the Unity Principles.

### *Orisa Skipper, Vice President*

Orisa started attending 30 years ago and became a member in 2005. Service was given in hospitality, special events, Sunday school, Search and Find committee, Nominating committee, and Unity Church Cares.

A Licensed Practical Nurse with 30+ years in nursing, she has a focus on Geriatrics, Hospice, and adults and children with special needs. She currently works as a per-diem LPN at an Assistant Living facility. She is also has been a Licensed Massage Therapist for 17 years, and a Polarity Practitioner for 12 years. Her personal happiness is enjoying family, friends, Unity family, and co-workers. She has a compassion for animals, mainly horses, and loves being surrounded by nature.

She believes our church community is a spiritual experience of love, grace and gratitude that must be shared, especially with youth and the outside community.

### *Ernie Klemm, Treasurer*

Ernie has attended for 5 years, being a member for 3 ½ years. He has been active in teaching Sunday school classes; is a member of the Building Committee (helped put in wheelchair ramp), assisted in hospitality; is an usher and a teller; assists with light and sound at the 6p service; and was involved with the Search and Find Committee.

He has been an engineer with GE for 30 years; claims to be a fair handy man; and has a personal interest in physical fitness and spiritual growth.

Ernie believes that between Jim Fuller, Dennis Ryan, and the 4T program, it became clear to him that giving back to the place where one receives is important; he wishes to help wherever needed; and feels spiritual growth/enlightenment should be given priority within our church.

### *Bonnie Kriss, Secretary*

Bonnie has been attending 12 years and has been a member for approximately 10 of those years. She serves as Platform Assistant, heads up the Unity Church Cares Committee, organizes the Small Business Fair each year, was on the Search and Find Team, and is publisher of the church's bi-monthly newsletter. She also was a Board Trustee for a 3-year term and has served on the Nominating Committee.

A former GE worker, Bonnie found life serving others at the end of life, a truly meaningful experience. Becoming more involved in the church is a big part of her new retirement plans.

As trustee, she will be a dedicated, caring steward for our church community; reach out and welcome new attendees, encouraging them to feel the energy and spirit that we are so blessed to have; to reach out to the Albany area to share this "best kept secret"; and to find ways to serve out our mission within the Capital Region.

### *Nancy McClearn, Trustee*

Nancy has been a member since 2003 and joined the board in 2015. The board has been the segway to a deepening walk on her spiritual path. A Psychiatric Nurse Practitioner specializing in children and families, she has been a nurse for 42 years. She currently is in an outpatient private practice, and had been a manager of inpatient units and day programs. Her forte is prevention and a virtues approach with a spiritual underpinning for everyone, as she sees their best self and validates their strengths.

She is married to Randy McClearn and, between them, they have 3 sons and 3 granddaughters. Nancy loves spending time with family, listening to music, meditating, journaling, antiquing, working out, hiking, dancing, decorating, and making flower arrangements. She is a reflexologist; a foot person who has recently become a "face" person.

### *Deb Foss, Trustee*

Deb has been attending about 13 years and became a member after 10 years. She serves as prayer chaplain, usher, teller, is a member of the Unity Church Cares Committee; and participated on the Search and Find Team.

Deb is the Staff Development Specialist for the ARC Rensselaer, is a certified yoga instructor, and has held management and program planning positions. She enjoys teaching, leading workshops, and is a student and practitioner of diverse mind-body modalities.

As a trustee, her intention is to discern what's best for the church today and tomorrow, to be open to new ideas, and to bring her talents, efforts and wisdom to the role. She believes it is vital to recruit new volunteers and keep up the great programming.

***Thanks to ALL who serve!***

## Our New Board of Trustees



Left to right: Nancy McClearn, Orisa Skipper, Deb Foss, Ernie Klemm, Bonnie Kriss, Lois Crommelin

## UnityChurchCares

***“To understand another is one of life’s richest blessings, and to be understood by another is perhaps love’s sweetest, most satisfying gift.”***

-Hemingway

**A**s a church commUNITY, there are times in our lives when we may need help. **UnityChurchCares** is volunteer ministry to offer such service in times of need. Utilize your church commUNITY for caring and support in the following ways:

Examples of congregant needs:

- Do you need a ride to church, or an appointment?
- Are you having surgery and need a call for support?
- Are you having a short term occasional setback?
- Are you unable to prepare a meal due to temporary circumstances?
- Wish to share joys and/or accomplishments?

How to reach out for needs:

- Complete request form and insert in pink mailbox, both located in Bradford St. lobby
- Leave message at church telephone: call 453-3603, ext. 14
- E-mail requests to [email@unitychurchcares@yahoo.com](mailto:email@unitychurchcares@yahoo.com)
- Contact church minister, board member, or committee member

As a volunteer, perhaps you may be willing to be of service in the following ways (examples):

- Offer a ride to church or appointments
- Offer support via phone calls, cards, etc.
- Help with short term assistance...meals, errands, etc.

How to become a volunteer:

- Leave a note in pink mail box in Bradford St. lobby
- Send e-mail to [email.unitychurchcares@yahoo.com](mailto:email.unitychurchcares@yahoo.com)
- Phone call to church at 453-3603, ext. 14
- Contact minister, board member, or committee member

Be a person “on-call” monitoring needs of our commUNITY:

- Be “on-call” to monitor requests approx. 3-4x/year
- Check pink mail box for requests
- Monitor voice mail at church
- Check email requests
- Check in with individual’s request for specific needs
- Access list of volunteers to carry out requests/needs

**UnityChurchCares** is a program to help one another. Who else to turn to but your church commUNITY? We are a loving commUNITY who assists in a non-judgmental way, with love, and compassion.

*“We are your family, we hold you in our hearts, you are the face of God.”*

## Events Calendar

### In Duet with Jessica Roemischer

January 31, 6:00 PM



Award-winning pianist, composer and author Jessica Roemischer returns on the last Sunday of January for our 6:00 pm service, offering an evening of heart-centered music, inspiring reflection and guided meditation.

Don't miss this opportunity to experience a deep and profound healing journey with Jessica.

Jessica Roemischer is an award-winning pianist, composer, writer, photographer and teacher. Born into a musical family, she began piano at age six and was improvising and composing from the outset. As a pianist and performance artist, Jessica uniquely melds music and the spoken word "in duet" with those present. She reads from her writings and poetry, accompanying herself on the piano, highlighting themes of universal meaning. An unforgettable aspect of Jessica's events is the invitation she extends to join her at the piano. As a volunteer comes forth with music of striking originality, everyone gains a sense of a newfound possibility.

### Coffee House

February 6, 7:00 PM

This is an open mic night with music, poetry, humor and more. Sign in at 6:00 PM to share your talents, or just come at 7:00 PM and enjoy the show. Admission is only \$5 and includes refreshments.



### Small Business Fair

February 21 and 28



If you have a small business and would like to share information about it, please consider participating in the Small Business Fair in the Fellowship Hall between both services and after the 11 o'clock service. This is a fabulous, well-attended, and

successful event for all involved. If you don't have a small business, come anyway and enjoy what others have to share!

### Membership Class

Wednesday, March 2, 7:15—8:30 PM

If you are hearing a call to deepen your connection and commitment to your spiritual community, then you are invited to attend our Membership Class. We will explore what Unity is, what it means to step into membership at the church, discuss the Mission of Unity Church in Albany and join together in a sacred circle of sharing what membership in our ministry means to you.

### Unity Church Annual Meeting Sunday, March 8th, 12:20 PM

The meeting will include brief reports from Reverend Crystal and board members. It will also include the election of two trustees to serve on the church board. Only church members can



serve on the board or vote for trustees. The meeting itself is open to members and non-members alike.

### Maundy Thursday

March 24, 7:00 PM

Join us for a simple service with a big impact. The service focuses on the metaphysical/symbolic meaning of Maundy Thursday. Everyone is welcome to participate in foot washing, or hand washing if you prefer. Communion-in-Prayer is done inwardly with spirit and prayer rather than wine and bread. Guests are always welcome.

### Prayer Partner Project

Sunday, March 13, 12:30 PM

John Frederick has created a 12-week project designed to engage Unity in healing prayer for others, one-on-one. It enables us to grow in awareness of our own ability to affect others through the power of prayer, while simultaneously opening up a consciousness of our own spiritual connection with God. For more information, contact John Frederick.

### Palm Sunday

March 20

Join us for our Palm Sunday service, as we explore how Jesus' triumphant journey, is a means to your own triumphant journey to peace, love and harmony.

## Spotlight on Service

By John Daubney



### Terry Gerber

*Since she began attending Unity in Albany, Terri Gerber has role-modeled being of service by doing what you love to do, through her love*

*of performing music and for sharing food with us all. While service is certainly an opportunity to help and serve others, service can also be a divine opening into the depth of our own potential as human and spiritual beings. We know only a little of what we are capable of being; that is until we begin to risk serving in ways that excite and call to us and engage us in using and developing our creativity and God-given talents.*

As Dave and I walked up to this cute, little, red brick church in Albany, NY in July 2012 (having moved from Seattle in April), I said, “I sure hope they have good music.” We had visited Unity Churches before, so we knew they were very open and accepting of all spiritual traditions, but never had my own inner spiritual life been so mirrored in the music and songs that were sung in that first service we attended and in all the others since! Music has the most amazing ability to open the heart, heal us and connect us. Roger, Mark, Pete and Sara have an amazing synchronicity. I couldn’t have imagined being up there with them! So it was an evolution and whenever I now participate, it still feels a little dreamy to me.

I looked around for a long time wondering how to get involved, how to serve, how to find a sense of belonging. I kept hearing the message, “give in the way that most excites you!” Participating in the Coffee House was the first thing Dave and I did other than attend services. My, oh my, I still see the Coffee House/Open Mic as one of the BEST events at Unity. It is so much fun to get to see the other sides of people!

John Daubney, Gary Allocco, John Reith, and Steve Holmes really had their thumb on the pulse when they started this event eleven years ago and it is a blessing that they have kept it going. These men are wonderful role models for me in the areas of service and fellowship. The first time I performed at the Coffee House was by reading some original poetry and then eventually I played guitar and sang. The first time I could barely fingerpick; I was trembling! It took three to four Open Mic performances to finally feel settled,

and then I just started having fun. I see now how those open mic performances built my confidence enough to eventually participate with the Unity band on Sundays. Rev Jim said something once that really made an impression. He said we are all manifestations of the Divine and that Unity is all about being a place where our Divinity can be expressed in our uniquely creative and spiritual ways. I said, “Really?” and he said, “Of course, what do you think we’re all doing here!” Shortly after that I asked Roger if I could sing a song I had written, sometime, at a service. With the band’s amazingly accepting support, I did. It was terrifying and fabulous. The evolution of my involvement continued as I took out my old flute I hadn’t played for years and did something I would never have believed I could do - play in public!!



What I came to realize (and what actually gave me courage) is that Unity really is a family! And so in the way that a good, healthy, functioning family supports the unique expressions and the trying-of-new-things without expecting perfection of their members, so too is that which we do here. Yea! So, if you never got that chance in your family of origin, this is your chance for a redo!

I also love feeding my Unity family – at potlucks, picnics, and after services whenever I can. I love jumping in to help where and when it shows up in front of me. Most of all, I love to give what all of you have so graciously given me: acceptance, friendliness, fellowship, and that perfect Christ-Love. I told John Daubney when asked to do the Spotlight interview, “My service doesn’t really feel like service because it is too much fun and because I get so much back!” I think that is the way service is supposed to work.

I had an interesting experience in the White Stone Ceremony that Rev. Crystal and the other “Revs” lead us through at the first of the year. “Rose” came to me. That is: Be **R**eceptive, be **O**pen, be **S**till, and be **E**mpy and then whatever the next thing is, Spirit will make known. Meditation is a key for me in being that “Rose,” which often leads to feeling some stirrings of the next Divine/Creative/Spiritual expression surfacing in me. Unity is an exciting place and I am so very thankful for this patient and accepting family that lets us all bloom at our own pace.



*Receptive, Open, Still, Empty*

## Unity Church in Albany

21 King Avenue  
Albany, NY 12206  
Telephone: 518-453-3603  
www.unityalbany.org



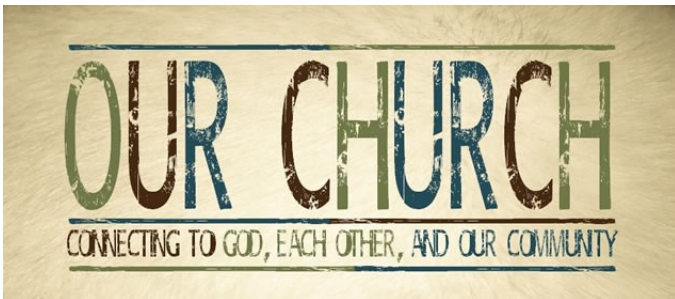
### Sunday Worship Schedule

Two Sunday Morning Services at 9:00 & 11:00am

*Youth classes are available during the 11am service*

Sunday Evening Service at 6:00pm each week

*Multi-faith service with music, meditation and chanting  
(different each Sunday)*



### You Are Welcome Here!

A place to worship, grow spiritually, feel loved and accepted—is no small matter. In our spiritual family, we know there are many paths that lead to God. We believe that Spirit led you here. Our desire is to share Christ's love with genuine heartfelt warmth. We are a gathering of all kinds of people with various backgrounds, life-styles, and life-stories. Growing together we worship, we serve, we laugh, we cry, we learn, and we reach out to our world with life-transforming truth. We aspire to live as Christ and be receptive to Spirit as it calls us to Life. Our name says it all; we are a Unity of believers celebrating and participating in inclusive worship. If you've been praying, searching and hoping for a place to belong, we say again—**Welcome Home!**



### Sunday Prayer & Meditation

Jerry Petell and friends will lead the Sunday morning prayer and meditation from 10:15-10:45 AM. Please arrive before 10:15 as the doors will close at that time.



### FOOD PANTRY

### Supporting the Food Pantry

The director of the food pantry has let us know that they particularly need:

Laundry detergent  
Cleaning supplies

While you're shopping this week, be mindful of your abundance, and attentive to the generosity of spirit. At other times, you may want to keep this rotation in mind.

#### Week #1—WOMEN'S WEEK!

Needed are feminine pads, tampons, washes, shampoo, conditioner, tooth brushes & toothpaste, deodorants & soap.

#### Week #2—MEN'S WEEK!

Needed are shaving cream, razors, deodorants, shampoo & soap, toothbrushes & toothpaste.

#### Week #3—BABY WEEK!

Disposable diapers, baby wipes, lotions & shampoos.

#### Week #4—HOUSEHOLD WEEK!

Toilet Paper, laundry soap, paper towels, household cleansers.