



unity

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Unity Church in Albany • 21 King Avenue • Albany NY 12206 • 518-453-3603 • www.unityalbany.org

Summer of Abundant Living



*“Even after all this time
the sun never says to the
earth, ‘You owe Me’.
Look what happens with
a love like that, it lights
the whole sky.”*

The Sun Never Says, from
The Gift: Poems by Hafiz

Summer is a symbol of living an abundant life because the summer solstice itself is a symbol of abundance. Summer is nature’s peak in life. The days are longer, the flowers are blooming, trees are expanding and their roots are moving deeper into the earth. We as humans seem to have more joy in life during the summer. We shed off the old for the new; old clothes, and literally old skin as the winter skin is shed off. We stop from hibernating and want to be outside more. In most of our minds’ eyes, summer is a time of expansion and abundance, where we are outside, doing, and being.

Summer is expansion, growth, and all about abundance. That’s why we are going to talk about abundance throughout the summer. We are going to take advantage of summer and all it symbolizes to examine expansion within our own lives; financially, in healthy living, expansion in love, in giving of self, and being open to receive all of our good.

A lot of people are open to give, not to receive. We’ve been taught to give, yet to receive is selfish. This is part of an old theology and Catholicism: *“It is more blessed to give than to receive”* Acts 20:35.

It is good to be of service with time, treasure, and talent and there is also a theory of reciprocity. Reciprocity is an exchange, an equal exchange, in its most literal definition. I prefer to teach from the scripture verse:

“Give and it will be given to you. A good measure, pressed down, shaken together, running over, will be put into your lap; for the measure you give will be the measure you get back” Luke 6:38.

The universe is open, willing, and able to give you whatever you want and whatever you need. It is our consciousness that allows how much we are willing to receive. Humanity is conditioned to expect little and give much. It is the expansion of our consciousness that allows us to receive the blessings of the Universe. God is the Universe, and it is an abundant source to receive from. There are no limits except for the limits we place on it. The practice of reciprocity is a tool to expand our consciousness of abundance, one step

(cont'd on pg 3)

Mission Statement

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

President's Corner

By Lois Crommelin

Let Us Rise With Spring!



My God expresses herself to me first as mother earth.

Along with that comes the sunshine, the rain, the breeze. Next is her unique fulfillment of all her physical beauty. To witness the first crocuses, then the daffodils and then the tulips is a miracle...the smell of the earth, the cut grass, the feel of the "dirt" in my hands as I weed and plant. Let us not forget the early morning chirping of the spring birds and the pecking of the woodpeckers. Yes! Let our spirits rise with the awakening of spring. Purchase a new garment, get your hair styled, take nice walks, plant a huge smile on your face and hold up your head. It is time for your unique fulfillment of all your physical beauty... a time of spiritual renewal, prayer, meditation, some good books to read under the umbrella on the patio.

I love this quote from the Buddha:

"What you think; you become. What you feel; you attract. What you imagine; you create".

Let us think positive thoughts of what is real. All that God has created is real and absolute. All else is the dream or the illusion. So I ask myself, what are positive thoughts? ...anything which is in alignment with the love of God ... prosperity of all kinds! Affirm thoughts of good health and happiness. Do you think positive thoughts about yourself? Your family members? Diverse groups of humans? Or do you get caught up in the drama of the illusion? Because what you think; you become.

How do you feel about someone or something? Do you feel love for fellow man, or do you judge everyone? It's important to feel healthy and

happy and to feel that there is enough, because what you feel; you attract.

John Lennon sang, "Imagine", one of my favorite songs of all times. Just think on those words, meditate and imagine. Let us create a wonderful life for ourselves and others through the use of our imagination, because what you imagine; you create.

Spring always wakes me up to the reality of what is real in my world and prompts me to take an inventory of myself. Life is good and wonder-filled and full of miracles! We just have to look for it and think upon it and imagine. I affirm that all of us are waking up and rising with spring. We are expressions of God in the flesh. Let us honor our bodies and spirits, and those of all man, regardless.

As we all grow with our loving Rev. Crystal, it's such a pleasure to see how she and we are all a united front. She is a quick learner! And you all have been so supportive to her and to each other. We are a strong, rich & loving community, eager to gather together with the most hugs I have ever witnessed! Wow.....we hug!!!!!!

During one of our text sessions, Crystal said "I love you, Lois". I texted back, "I love you more" and she replied "Impossible!" That says it all for our minister, don't you think? So I'm sending unlimited blessings to all. Find the miracle of each day. Think good, feel good and imagine good because all good is of God."

I'm looking forward to your hugs, Lois



Events Calendar

Ongoing

Looking for a Spiritual Community?

Join us at 1 of our 3 Sunday Services
9:00 AM | 11:00 AM | 6:00 PM

Summer (5/29 - 9/4): 10 AM | 6 PM

Prayer and Meditation

Wednesdays, 6:30 – 7:00 PM in the downstairs fellowship hall or in the sanctuary.

Sundays 9:15-9:45 am in the large upstairs classroom. Jerry Patel and friends offer Sunday morning meditations each week between morning services. The regular practice of meditation builds peace and calmness within and helps us strengthen our awareness of our connection with the Divine. Group meditation makes the process easier and helps us move more deeply into the meditation experience. **Please arrive before 9:15 AM** as the doors will close to hold the silence for this sacred gathering.

Discussions on Spirituality for Today

2nd & 4th Tuesdays at 9:30 AM

Come join us on Tuesday morning in the library from 10:00 to 11:30 as we explore various topics of interest in New Thought and related teachings. Books are chosen that spark conversation and take us deeper in our spiritual development. Watch the bulletin board for the current title and come when you can. Facilitated by Licensed Unity Teacher Jane Bloom, you can reach her at janeb915@gmail.com or 802-430-4490.

Get Fit and Stay Centered

Yoga with Deborah Foss
Mondays at 5:00p
(785-4131 for info)



Upcoming

June 10, 7pm

Spirituality Through Hard Rock & Heavy Metal



(not your grandmother's)

Listening Party

Elaine Lasda has come up with a novel idea for an event! Join the fun as D.J. Elaine spins a few surprisingly spiritual tunes from Cheap Trick, Flaming Lips, Dream Theater, Devin Townsend and more (even a little Three Dog Night!). Refreshments served.

June 11, 12 noon – 5pm

Pride Festival, Washington Park, Albany
Represent Unity at a March, Parade, and/or Table. Looking for volunteers. Contact Bonnie Kriss, tedandbonkriss@hotmail.com, 373-2135.



June 12, 6pm Service

Mary Verdi, Live Concert

Take *Flight* with Mary Verdi's Trio and allow your spirit to soar. Their message is one of universal love that unites people of all spiritual traditions and walks of life. For more information visit: www.MaryVerdi.com.



June 18, 9:00 am

2016 Walk for Hospice

Join Team Unity Church at Siena College as we walk to raise money for Capital Region Community Hospice. It's a 2-mile, family-friendly walk around the Loudonville campus. Contact Orisa Skipper for more info 859-5226 or at relaxnhr@gmail.com.



June 19, 10am Service

Rev. Roger Mock



Roger will give the message for this Father's Day.

(Email pictures for a slideshow of your father, your father and you, or you as a father with your children/grandchildren to Roger Mock at UnityAlbany@yahoo.com.)

July 3, 10am Service

Rev. Crystal & Mark Shepard

Special Independent's Day service consisting of a combination of a talk and music.

Don't miss it!



(cont'd on pg 6)

Unity Church Cares

“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

**We are in need of volunteers at this time! Please help!
Contact Bonnie Kriss, 373-2135, tedandbonkriss@hotmail.com**

As a church commUNITY, there are times in our lives when we may need help.

Unity Church Cares 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
- 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
- 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

Unity Church Cares 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.”

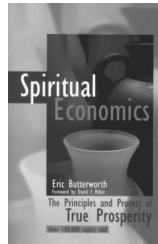
Events Calendar *(cont'd)*

Tuesdays, July 5-August 16, 10:00-11:30 am

Tuesday Book Study Group

Spiritual Economics by Eric Butterworth

It has been commonly assumed that in times of economic reverses, we are all victims of a strange malaise about which there is little that can be done other than to wait and see. However, the study of the laws of spiritual economics reveals that there is much we can do, personally, for ourselves and in concert with our country and our world. Please join us on Tuesdays! See Jane Bloom if you have questions or e-mail at janeb915@gmail.com



July 17, 9am Drumming, 11am Service

Church in the Park

Thatcher State Park at Greenhouse Pavilion.

Look for the Unity Banner. Bring your own grillables, a dish to share, games, walking shoes, etc.

July 22– August 12, 7—8:30pm

Rob Geyer



Little Buddha and I would like to invite you to spend some time with us—Little Buddha is the wise young spirit girl who comes to share her wisdom in stories she shares with me.

Each Friday night I will read a different Little Buddha story, followed by an opportunity for us to engage in a dialog about the story. The story topics are forgiveness (7/22), connecting the dots (7/29), heaven on earth (8/5) and the inner path (8/12).



August 13 and 14
Dr. Will Tuttle

Saturday Piano Concert, 7pm

Passion, Music and Art

Sunday Service, 10am

Sunday Workshop, 12:15 to 2:15 pm

An acclaimed pianist, composer, and author, Will Tuttle unites both eastern and western meditation traditions and is a Dharma Master in the Zen tradition.

Will Tuttle's uplifting original piano music evokes deep feelings and a sense of wonder, joy, and adventure.

August 21, 10am Service

Elaine Silver, Talk and Music

Elaine Silver has a voice you'll never forget. It has been described as stunningly clear and fine, magnificent, rich and supple. She sings a cappella or accompanies herself on guitar and (sometimes) banjo. In the past few years, Elaine's musical life has evolved into a Metaphysical Musical Ministry. "Faerie Elaine" brings magic, love and blessings to her concerts and appearances as a bright light sharing herself and her music with emotion and authenticity.



August 28, 6pm

Answer the Muse



A journey of original songs, rock songs you know and love (completely remixed!), yogic sacred chant, topped off with Kundalini breath and movement, all presented in a theme based theatrical style, all with audience participation!

September 30 and October 2

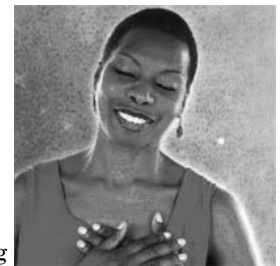
Rev. Paulette Pipe

September 30—October 1, Unity's Annual Retreat,

Journey To The Inner Center Retreat

Sunday, October 2, 9am talk, 11 am Rev. Crystal's Church Installation

With sacred intention, we'll journey to our inner center through prayer, meditation, movement, creativity, and music; returning to our activities renewed and refreshed by this holy oasis for the soul. Meditation and prayer will take on a whole new meaning for you and inspire your life with audacious, bold, and courageous prayer-powered living.



"I get to share the gift and passion I have for prayer and meditation with spiritual seekers in the United States and abroad, through the prayer-based workshops, retreats and individual prayer/counseling sessions I lead and facilitate."

Rev. Paulette Pipe is a radio host, meditation teacher, retreat facilitator, guest speaker, adjunct online teacher, an ordained Unity minister, and spiritual advisor for the Board of Trustees of Unity Worldwide Ministries.

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Sunday Worship Schedule

Summer Schedule
 (May 30 thru September 4)
 Sunday Morning at 10:00am

Youth classes are available during the service

Sunday Evening Service at 6:00pm
 Wednesday Evening Meditation at 6:30pm



Sunday Prayer & Meditation

Jerry Petell and friends will lead the Sunday morning prayer and meditation from 9:15-9:45 AM. Please arrive before 9:15 as the doors will close at that time.



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!*



Supporting the Food Pantry

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.

Musical Guests in August!

Our *Summer of Abundant Living* really heats up in late August as we welcome back old friends **Will Tuttle** and **Elaine Silver** and new friends **Answer the Muse** to our church community!

Sat.-Sun., August 13, 14 • **Will Tuttle**

🌀 **Concert Saturday, 7pm**

Will Tuttle's uplifting original piano music evokes deep feelings and a sense of coming home.

🌀 **Music in the Morning**

10am service - Will offers an inspiring message & stirring music.

An acclaimed pianist, composer, inspirational speaker, recording artist, Zen Dharma Master, and best-selling author, **Will Tuttle** has presented concerts, lectures, and workshops worldwide. His concerts present music in the ancient way, as a transformational vehicle of consciousness.



Sunday, August 21 • **Elaine Silver**

Elaine Silver accompanies her stunningly clear voice with guitar and has performed for colleges, festivals, churches, clubs and children's events throughout North America and Europe. She has worked with many best-selling authors in the metaphysical field including Alan Cohen, Deepak Chopra, Wayne Dyer, don Miguel Ruiz, and Marianne Williamson.



🌀 **Music-Inspired Message**

10am service

Elaine will treat us to her inspiring music and metaphysical message.

🌀 **Kirtconcert 6pm service**

Elaine leads our evening service with her playfully titled *Kirtconcert*: part concert /part sacred chant service in call-and-response kirtan style.

Sunday, August 28 • **Answer the Muse**

Hailing from Ithaca, NY, **Answer the Muse** is a unique fusion of theatrical, spiritually inspired, transformational performance art. Their music consists of originals, covers meditative chants as well as audience participation.

🌀 **Music in the Morning 10am service**

Answer the Muse joins us for our morning service.

🌀 **Concert 1-3pm** "We ask you to join us on this

journey, to be brave, to experience, to feel, to discover a hidden knowing, a lost inner treasure!"

🌀 **Kundalini Kirtan 6pm OneSong service**

Join *Answer the Muse* for an hour of powerful, heart-opening chants in the kundalini yoga tradition!

