



unity

August—September 2016
Vol 32, Issue 5

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

Greatness is Attained Through Service

“When unselfish love touches the heart, self drops out of the mind. Love in the heart lifts us out of the time limitations of sense consciousness into the joy of the eternal present. When we forget ourselves in the service of love, the selflessness of God takes possession of our being.”

Charles Fillmore
Mysteries of Genesis

We will never know true joy until we freely share our gifts, our time, and ourselves. We have all been taught that service is a good thing, but it doesn't always feel that way. We may think that service means hard work, with a promise for rewards at some undesignated time in the distant future. We may also have heard that service requires great sacrifice in order to be considered legitimate. Somehow, the beauty that is this practice has been turned into something to be avoided rather than pursued and celebrated.

Jesus gave us a very different picture of service. Our reasons for giving become more fully developed. We find ourselves serving, as he did, not to get something in return but because we recognize that giving is the essence of who we are, so we experience the joy that comes with it.

“Service which is rendered without joy helps neither the servant nor the served. But all other

pleasures and possessions pale into nothingness before service which is rendered in a spirit of joy.”

Mahatma Gandhi

We serve best when we are involved with something that uses our gifts. Anytime we give from our passion, we give from our heart and with joy. Our enthusiasm is infectious, and people often join in because of our influence. Serving others does not have to be difficult; in fact, the more spiritually evolved we are, the easier it gets. By making ourselves available to Spirit, we begin looking at people with the eyes of Spirit. We look past any false appearance to the essence of each person before us. We serve the highest ideal by seeing people as God's beloved. Imagine how differently we would treat other people. Every encounter would truly be a sacred moment.

“I slept and dreamt that life was joy. I awoke and saw that life was service. I acted and behold, service was joy.”

Rabindranath Tagore



Reverend
Crystal Muldrow

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

A Take On Prosperity



Atending the Prosperity Plus classes that were recently offered here has caused me to look at what exactly is the full meaning of prosperity. The dictionary says: "A good or satisfactory condition of existence....well-being.... state characterized by good health and happiness". Yes! I want all of that! Unity teaches the tithing of our Time our Talents and our Treasure. As I reflected on my record of tithing my treasure, it brought to mind my first experience.

Many many years ago while I was in a leadership position of another church, we were TOLD to tithe 10% of our paychecks by "moving the decimal point once to the left and write your check"! I did that diligently for about 4 years. I was a single Mom of 3 boys at that time and was making barely enough money to squeak by. However, the witness to this is that there was always miraculously enough. I truly didn't understand tithing at all. Never heard of the Law of Attraction or of Karma. I was just being ignorantly obedient. And guess what? That worked because the Universe recognizes all of it whether we do or not. Being involved in Unity Church, I have been TAUGHT, not TOLD, the tithing principle and it is NOT

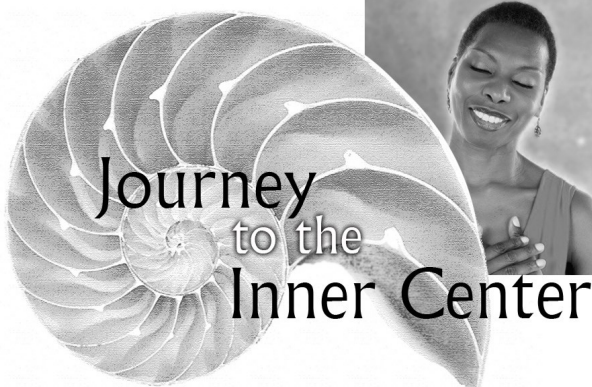
all about the money. It's about giving yourself and your finances to the Universe, cheerfully, with love and no expectations. My experience has been a win-win all the time.

The Living Bible, Malachi 3:10 & 11 states: "Bring all the tithes into the storehouse so there will be food enough in my temple; if you do, I will open up the windows for you and pour out a blessing so great that you won't have room enough to take it in! Try it! Let me prove it to you! Your crops will be large, as I will guard them from insects and plagues. Your grapes won't shrivel away before they ripen," I take that as to be a partner with God. We do what's ours to do and God does what's His to do. I also take that as "there is enough". And that God will protect us when we trust Him. And "what goes around, comes around"....the Law of Attraction.

Our church has been blessed beyond measure with continued sufficient tithes and offerings to support this community and to be able to tithe to others from our increase. We have also been blessed by the giving of much talent and time, in multiple areas: musicians, office skills, computer geeks, leadership, prayers, teachers, tellers, ushers, hospitality, building & grounds caretakers, community outreach. Forgive me for unintentionally forgetting so many other areas of service and talent! We here, are so loved and blessed. Probably because we love and bless. Make sense? You know it does! I am proud to serve in such an organization.

May prosperity of all kinds bless you abundantly!
HUGS from Lois

Fall Retreat



September 30 and October 1
with Reverend Paulette Pipe

Our 2016 annual retreat, **Journey to the Inner Center**, will be facilitated by Reverend Paulette Pipe. During the retreat, 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.

Rev. Pipe is best known as the host of "*Touching the Stillness*", a lively prayer and meditation radio program on Unity Online Radio. Using her distinctive gift of affirmative healing prayer and meditation that stirs the soul, she masterfully creates rich, sacred prayer experiences that help others deepen their connection in God. Paulette heads Touching the Stillness Ministries, a lively prayer and meditation ministry, whose mission is to inspire audacious, bold, and courageous prayer-powered living. Paulette is a sought-after speaker who leads prayer-based retreats, workshops, and Sunday worship services in the United States and abroad.

This retreat is sponsored by Unity Church in Albany and will be held at:

Dominican Retreat & Conference Center

1945 Union Street (Route 7) Niskayuna, NY 12309

Fri., September 30, 7:00 PM - Sat., October 1, 5:00 PM

Price:

2-Day overnight stay: \$200

For more details, contact Unity Church in Albany

Telephone: (518) 453-3603

How Sweet The Sound

By Roger Mock

I Am Grateful ... For You 🎵



I remember the Sunday about five and a half years ago when this tall, fair-haired guy showed up at Unity and introduced himself as a compulsive songwriter who was interested in offering his services to our church. I was naturally skeptical but nonetheless intrigued. These days a lot of people call themselves songwriters and the really good ones are not legion. He came again the following Sunday and persisted with his request to get together so he could play me a few of his songs and see what I thought. His name, of course, was Mark Shepard. Mark likens himself in these initial encounters to a little dog tugging at my pant leg. Not an entirely inappropriate analogy! He had only very recently discovered that Unity was quite surprisingly up his spiritual alley. He had just moved to town and immediately sought us out. He was excited to have found a spiritual home where he could offer his gifts.

I eventually made it over to his dwelling in Schenectady and was introduced to the work of one massively talented, highly creative and driven musician. He pulled out a couple of hefty 3-ring binders stuffed with a sampling of songs from his very prolific 30+ year output and began sifting through them for some choice tunes to play for me. I wasn't sure how many of the selections I heard would find an immediate fit in our church's musical repertoire, but they were never the less expertly played and cleverly crafted, revealing an ingenious mind and strong musical sensibilities. Within another week or so, Mark joined our music team and taught us his *We Shall Live in Light*, a simple and highly effective chant—perfect for Unity's message of the "Christ in all persons"—and it quickly became a regular, rousing way for us to close a service.

Mark's claim to a songwriting compulsion soon became evident as he began penning new songs especially for our church community. Often they were inspired by Rev. Jim Fuller's sermons, like the *I Live in God* with its anthemic chorus, or the tongue-in-cheek *My Dysfunctional Delusion*. Some of our visiting guest speakers also sparked new song ideas. Rev. Sonya Milton, for example, gave a talk based on a Rumi poem that resulted in the quite remarkable song *Break the Wine Glass*.

As I was off in the Pacific Northwest when you played your last couple of services at Unity, I want to take this opportunity to publicly thank you, Mark Shepard, for your incredible gifts to our community and to our music program over the past several years. It has been a total blast making music with you, Mark, nearly every Sunday for all that time – we're talking several hundred services! You always gave it everything you had and you brought amazing energy and creativity to our music. I wish you all the best as you attempt to bring that gift to the wider community of Unity, New Thought and the Posi-music movement. **Rock on, dude!**



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.

Get Fit and Stay Centered

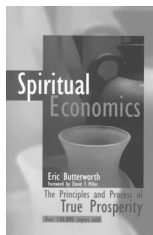
Mondays at 5:00 pm
Yoga with Deborah Foss
(944-9858 for info)



Tuesdays, 10:00-11:30 am (ends August 16th)

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!

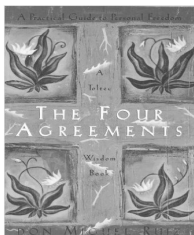
Jane Bloom if you have questions or e-mail at jane-b915@gmail.com.

Tuesdays, starting September 13, 6:30-7:30 pm

Creating Heaven on Earth

Jakob Spearfisher

The group follow the chapters of the book “The Four Agreements” and offers a chance for each person to relate to his or her personal challenges with maintaining these four agreements in their life.



Fall Classes

September

Sundays, September 11-November 20, 1:00-3:00 pm
Bible Overview: Hebrew Scripture

Jane Bloom, Licensed Unity Teacher

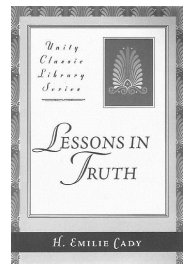
This 10-week course introduces the history of the Hebrew Scriptures, and provides a framework for future study. Learners will explore the history and development of the Hebrew Scriptures through stories, exploration of events and knowledge and the consciousness of the writers. Materials Fee: \$5.00

Wednesdays, September 14-November 23, 7:30 pm
Lessons In Truth

Reverend Crystal Muldrow

This 10-week class is an exploration of the oldest Unity book, first published in 1903, by H. Emilie Cady. Students will study and discuss metaphysical principles as understood by the author. An emphasis will be made to facilitate a practice of these ideas as well, as this was always the intention of Unity's pioneers.

Materials Fee: \$5.00



October

Sundays, October 9-November 13, 3:30-5:30 pm
Unity 101

Reverend Crystal Muldrow

Unity 101 is a 6-week introductory class for individuals seeking membership in our church. It is designed to teach the basic principles and beliefs of Unity. It offers practical tools of transformation that support us in living more fulfilling and successful lives.

Requirements to become a member of Unity Church in Albany are:

- Has regularly attended services for 6 months or longer
- Read, “Unity, A Quest for Truth”
- Completed Unity 101

Membership is subject to final approval by the Board of Trustees and the Sr. Minister

Events Calendar (*cont'd.*)

Upcoming

Fridays, July 22–August 12, 7:00-8:30pm

Little Buddha

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 7 – October 16

Prayer Partner Project

John Frederick

A 10-week event designed to help us learn how to pray and how to pray for others. Prayer is highly ordered thought, an amazing way to deepen our Spiritual Consciousness and strengthen our connection to God, to others and to our Highest Self while building Spiritual Community. Each person will be given a **secret** Prayer Partner to hold in prayer for the 10 weeks of the Project. This is a 10-week obligation, so participants are asked to commit to completing the project.

be a prayer partner

An opening/organizing meeting will be held on **Sunday, August 7th at 11:30 am** (after the 10:00 service). Sign-up sheets are in the Bradford Street Lobby. Pre-registration required.

Saturday, August 13 and August 20, 9:30-11:00 am

Drumming Workshop

Pete Furlong

In a fun and safe environment, this 2-workshop series will review and build on drumming basics, as well as how to gain more comfort playing along with a group and improvising using these ideas. Love offering: \$10-20



August 13, 7:00 pm, Piano Concert
August 14, 10 am Sunday Service
August 14, 12:15 to 2:15, Workshop
Dr. Will and Madeleine Tuttle

The Piano Passion Concert is an affirmative musical prayer for world peace and for celebrating the beauty of the Earth and potential of our Spirit. It includes visionary art by Will's spouse, Madeleine, who is a nature artist from Switzerland. It includes visionary art by Will's spouse, Madeleine, who is a nature artist from Switzerland. Come and expect to be transported, uplifted, and carried to new inner places!



For the workshop on Sunday, Dr. Tuttle's insights will be shared:

- Discovering your unique ways of accessing your intuitive wisdom
- Effective inner & outer practices for developing joy and spiritual awareness
- Techniques using meditation, imagery, music, and art that inspire intuitive insights
- How to respond to the global "intuitive imperative" and meditate more effectively
- Ancient secrets for awakening the love, compassion, joy, and peace within.

Private sessions with Will and Madeleine will be available on Sunday afternoon and on Monday for intuitive music and art ... **as it pertains to you.** Very exciting! Sessions take approximately 45 minutes. A sign-up sheet will be posted in the church lobby.

An acclaimed pianist, composer, and author, Will Tuttle unites both eastern and western meditation traditions and is a Dharma Master in the Zen tradition. His uplifting original piano music evokes deep feelings and a sense of wonder, joy, and adventure.

Wednesday, September 7, 7:30 pm

World Day of Prayer Service

Wednesday, September 7, 9 pm—Thursday, September 8, 9 pm, 24 hour prayer vigil.

World Day of Prayer

We will join Silent Unity—an international, trans-denominational 24/7 prayer ministry—and Unity churches and centers around the world on September 7 & 8, 2016, for the 23rd annual Unity World Day of Prayer. The theme of the 24-hour prayer event is "Discover the Power Within: Unleash Your Divine Potential." This year's affirmation is "As I discover the power within, I unleash my divine potential."

Events Calendar *(cont'd)*

Sunday, September 11 and 18th after services Used Book Sale

(Committee Chair yet to be determined)

Search your home to recycle your books for a Unity book sale. Return on sale dates for purchases to benefit the church.

September 20th 6:30-8:30 pm Healing Through Illness

John Frederick

We all experience illness or dis-ease at some point in our lives. It seems to be a part of the human condition. This workshop is designed to begin to explore illness as a path toward healing and spiritual awakening. Our personal beliefs and our collective human consciousness tell us they are real and powerful. Yet these beliefs can be overcome. Whatever the appearance of injury, illness, sickness or disease, there is a solution in Spirit. Suggested Love Offering: \$20 *(no one will be turned away)*

August 21, 10:00 am Service, Talk and Music August 21, 6:00 pm Service "Kirtoncert" Elaine Silver



Elaine playfully calls the evening gathering a "Kirtoncert" – it's part concert and part sacred chant kirtan service.

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 10:00 am Music 1:00 pm Concert 6:00 pm Kundalini Chant Service



Answer the Muse

This Ithaca-based ensemble will join us for morning service, present for their afternoon concert a journey of original songs, rock songs you know and love (completely remixed!) and more presented in a theme based theatrical style, and then take

us to a sacred place at 6pm with yogic sacred chant and Kundalini breath and movement.

September 18, 9:00am & 11:00 am Sunday Service Sunday Concert, 1:00 – 3:30 pm

\$20 suggested love offering

Monday Workshop, 7:00-9:00 pm

"How to Take Your Power Back" 7-9pm

\$20 suggested love offering

Charley Thweatt



Charley Thweatt brings his gifts of warmth, humor, presence and ease to any gathering. He has been a favorite with Unity groups since the early 80's, when he took a leap of faith from his budding architecture career into touring full time with his spiritual concerts and workshops. Charley has a talent for turning a room full of strangers into connected family, by sharing his original music, his angelic voice and his insightful workshops.

September 30—October 1, Unity's Annual Retreat "Journey To The Inner Center Retreat" Sunday, October 2, 9:00 am Talk and 11:00 am Rev. Crystal's Church Installation Reverend Paulette Pipe

During the retreat, 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.



Rev. Pipe is best known as the host of "Touching the Stillness", a lively prayer and meditation radio program on Unity Online Radio. Using her distinctive gift of affirmative healing prayer and meditation that stirs the soul, she masterfully creates rich, sacred prayer experiences that help others deepen their connection in God.

(Retreat details on Page 2)

Reverend Pipe will conduct the installation of Reverend Crystal's position as Unity Church in Albany's Senior Minister at the Sunday 11:00 am service.



By John Daubney

Spotlight On Service



Penny Palagyi

A key to serving others, with joy, is to discover those activities that exercise our unique gifts/talents along with those service opportunities that bring us joy and soul-nourishment rather than the spiritual depletion that can occur when serving only out of a sense of obligation. By attempting various service opportunities, Penny Palagyi was able to find a way to give of herself to the Unity Church community that brought her joy and spiritual fulfillment.

It is hard to believe that I have been attending Unity Church for almost eight years!

I came to Unity because I felt like I needed a quiet place to center, slow down, and take care of my spirit. I wasn't feeling a deep spiritual connection at the church I had been attending at the time. So, at the encouragement of my dear friend John Reith, I attended my first service. I have to admit that after that first service, I wasn't sure I would come back despite the fact that I loved the music and I knew Roger from being the director of music at my former church many years ago. I am a counselor and an educator and I always tell my clients that before they give up on something new, like coming to counseling, to come three times. So I made that same commitment to myself about attending Unity. By the fourth service, I was hooked.

After coming to Unity for a year, there was a request/need for adults to step forward and work with the children at Unity by providing spiritual lessons during the 11:00 service. I had watched June O'Toole leave with 8-10 children to teach the children's lesson every Sunday by herself and I was told she had been doing this service for a long time. As an educator by profession, I felt I "should" step up and help. I loved meeting June and working with her and the children. She had such a beautiful way of being

with them. I continued to work with the children for two and a half years. However, I missed being at the service myself and remembered that I came to Unity to take care of my spirit and to slow down. At one point, Reverend Jim did a talk on service and shared that service should fill you with joy and bring joy to others. But I realized that I had been looking at service as something I "should" do, whether I liked it or not. I then remembered volunteering to decorate the fellowship hall for the Christmas Party. There were three of us and we laughed and enjoyed ourselves all afternoon.

The next thing I volunteered for was Circulation Day. In preparation for Circulation Day, we walked the area neighborhoods leaving notices on our church neighbors' doors inviting them to come and enjoy giving and receiving gently used items. My daughter and I got to meet many more of the beautiful people at Unity. We helped with Circulation Day for two years and it was a wonderful experience helping many of the people of our neighborhood. We also had a great time coming to the church for spring cleanup day and helping out.

During this time, I continued to work with the children's program. However, it began to feel more like a life-draining obligation than a life-giving opportunity of myself and my talent. I remembered Rev. Jim's words to give in a spirit of joy so I asked myself what gave me the most joy at Unity and the answer was easy....it was the music. I gathered my courage and asked Roger if I could sing with them. I began standing in the back on the platform (with the Mic off) and gained confidence from there. The joy I experienced at the rehearsals, the Sunday morning services, and the special friendships I made with such a talented group of musicians has been priceless. To serve in this manner was such a gift to me and brings me such joy. It truly allows me to give of my talent in the spirit of joy and I receive so much more than I give.

So find your place to give and serve and remember it is not about creating another obligation for yourself; It is about giving from a place of joy and finding that your gift is returned back manyfold.

"The best thing about giving of ourselves is that what we get is always better than what we give. The reaction is greater than the action."

Orison Swett Marden

a Summer Abundance of Musical Guests!

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

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

Piano Passion Concert Saturday, 7pm

Will Tuttle offers an affirmative musical prayer for world peace an affirmative musical prayer for world peace and for celebrating the beauty of the Earth and potential of our Spirit. Love offering basis.

Morning Music & Message 10am service

- Will offers an inspiring message, stirring music and leads our meditation.

Workshop: Opening the Intuitive Gate

Sunday, 12:15pm

Discover your unique ways of accessing your intuitive wisdom and opening to love, compassion, joy and peace. Love offering basis.



Acclaimed pianist, composer, inspirational speaker, recording artist, Zen Dharma Master, and best-selling author, **Will Tuttle** has

presented concerts, lectures, and workshops throughout the world. His concerts present music in the ancient way, as a transformational vehicle of consciousness.

Sunday, August 21 • **Elaine Silver**

Music-Inspired Message 10am service

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

Kirtoncert 6pm service

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



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.

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

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!" \$20 offering.

Kundalini Kirtan 6pm OneSong service

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



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.

September 18 & 19 • **Charley Thweatt**

Sunday Music & Message

9 & 11am services

Concert/Workshop Sunday, 1-3:30 pm

"Here Between Heaven" Concert/Workshop. Charley offers a straight forward concert for the first half followed by a short interactive spiritual workshop with music. \$20 suggested offering.

Monday Workshop 7-9 pm

How To Take Your Power Back

In Charley's new workshop we'll look at 3 major spiritual principles, which can change your life. How? By bringing you back to your true power. \$20 offering.



Charley Thweatt has a talent for turning a room full of strangers into connected family, by sharing his original music, his angelic voice and his insightful workshops.