



Unity

October—November 2016

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

I Am Thankful For ...



On Sunday, September 17th, I looked at my Facebook newsfeed and saw a “Memory,” a historical account

of pictures, comments and shares that I had posted from previous years on that day. It was a picture I’d taken during a flight of the sun rising. At first, I was perplexed as I hadn’t taken a vacation, or at least, a vacation that required flying. Quickly, it came to me that I was on the flight that brought me to Albany for my “try-out” a year ago that day.

As I stood in the sanctuary that Sunday looking out at everyone, I felt an even deeper sense of gratitude. This community is one of the sweetest, most loving, healthiest and vibrant Unity communities that I have experienced. Truly, I am blessed and grateful. I thank you all for inviting and calling me forth into this community.

Fall is my favorite season because it is a time of celebrations. With the assistance of Thanksgiving, our society consciously focuses on ways to be grateful for the people, opportunities and things that are in our lives. "Gratitude also opens your eyes

to the limitless potential of the universe, while dissatisfaction closes your eyes to it." This quote from *Stephen Richards* rings true as each year Thanksgiving seems to lose its charm more than the last. This holiday is being contaminated with dissatisfaction, fears and anxieties of what we want, what we don't have, what we are against and/or what is against us. This election year, more than any other that I can remember, seems to have heightened these feelings of despair in the United States.

This became clearer to me when I saw columnist/author Maureen Dowd's interview with Charlie Rose about the upcoming election and the candidates. In a section of an expanded statement, she replied, "...that's why voters are fearful and anxious and depressed, because they have to vote against someone, not for someone..." The further away our society moves from being for something, the further away we move from being grateful for what we have, and being encouraged about life and humanity. Our attitudes turn increasingly away from being “hopeful” to “hopeless”.

(cont'd pg 4)

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

Fall—A Time of Change?



Seasons change, the leaves change, the phases of the moon change the tides. We have no control. The changing of the universe is a constant...in constant change that is! The Truth of who we are is Absolute. Unchanging. However, what we CAN change are: our minds, our thinking, our friends, shopping spots, jobs, cars, etc. and we can even change diapers!

We were made/created in the likeness of the Creator (God). The Book of Psalms speaks about how God laid the foundations of the earth, and that (Psalm 102:26) "They shall perish, but you go on forever. They will grow old, like worn out clothing, and you will change them like a man putting on a new shirt and throwing away the old one. But you yourself never grow old. You are forever and your years never end." If this is true, and Unity teaches that it is so, then perhaps we can search our hearts to make changes to better our lives while we reside here in these bodies.

So let's take a look at this:

Every living thing is an expression of God. Apples: many varieties, but all apples. Flowers: all lovely, all different. People: diverse, yet all are valuable. Who/what do you admire? And why? I admire a clean appearance. Those that express their wisdom, their gifts, their humor and joy. The teachers. The ones with creative ideas. The kind individuals. Therefore I wish to model myself after those qualities that speak to me. Guess what? That requires change!

Now for some thought provoking quotes from some wise people:

- * There is nothing permanent except change.
- * When we are no longer able to change the situation – we are challenged to change ourselves.
- * Since we cannot change reality, let us change the eyes which see reality.
- * If you don't like something, change it. If you can't change it, change your attitude.
- * If you do not change your direction, you may end up where you are heading.

I believe that change is an inside job requiring daily prayer and meditation. Take note of your gifts and good qualities. Cultivate them. Also take note of that which doesn't serve you anymore and replace it with a passion. Make good, doable, and time sensitive decisions. Decide to make one change. Write it down in the morning. Examples: "Today I will read for one hour." "This evening I'm going to walk for 20 minutes." "Today I will meditate for 15 minutes."

Pray to be open to what it is that needs to change inside your heart. Be a Gift to yourself, or BE the Gift to another. We were put here to Love and to Serve. We plan and cram things onto our calendars every day. Just put ONE change on your daily calendar. The objective is to have a Spirit-Centered life. Your Love will overflow to others!

Hugs, from Lois

Be The Change

How Sweet The Sound

By Rev. Roger Mock

The Ground of Being



Back in my college days, I had taken a basic theology course and there was a joke going around that you would only fully 'get' it if you knew some of those basics. It was based on the story found in the Gospels where Jesus asks of his disciples, "Who do people say I am?" Someone, maybe a smart alec seminarian, rewrote the story inserting theological terminology: Jesus questioned His disciples: "Who do people say I am?" His disciples answered, "Some say you are the *Cosmic Consciousness*; others say you are the *Ground of our Being*; and still others say you are the "Thou" of the *I-Thou relationship*."

To which the Master replied, "Huh??"

The terms came from key theological concepts by people like German Lutheran theologian Paul Tillich and Jewish philosopher Martin Buber. The joke, which I've always loved, came to mind this week when I read a recent piece by the wonderful spiritual writer Fr. Richard Rohr, a Franciscan priest. He was writing about the Christian doctrine of the Trinity and this statement caught my attention and has stuck with me: "God is not *a* being among other beings, but rather the *Ground of Being itself* which then flows through all beings."

So succinctly put! This remarkably clear sentence really helps me get it—that concept of God's Immanence or presence in all of creation. How difficult it is to dismiss this belief that God is a being among other beings ... someone we must answer to, or even someone we carefully avoid because we would rather have "fun". "I'll pay attention to you later, God, but right now I'm scrolling through people's posts on Facebook and then I gotta get some lunch." But God is being us right now. God is being every being hanging out on Facebook. God *is* lunch.

When you are simply being present to a tree or a flower or another human soul, **Being** is what you are experiencing. And it's kind of like one huge jigsaw puzzle where God is the whole darn thing and we're all the little pieces. Together we are *being the whole*. But apart—it just makes no sense because in reality there is no *apart*.

It seems like all the rest of creation is down with that, right? But we humans—we're like a bunch of pieces in a pile on the table still trying to sort it out, still trying to figure out the big picture, still trying to connect to other pieces that we don't really fit with in the way we think we do. Or it's like we've somehow agreed to remove ourselves from the big picture saying, "Hey, uh, we're gonna try to make a different picture over here on the coffee table. See ya when we're all back in the box sometime, okay? Buh bye."

And so every now and then, they send out a piece from the bigger puzzle to go over to the coffee table. Somebody like Jesus comes along and says, "I and the Father are One. And I am in you as you are in me." And we say, "Oh, we get it now. You want us to worship you. Sure. We'll build a little shrine for you here on the coffee table."

Still, despite our obstinacy, we are not abandoned; not left to fend for ourselves forever on the "coffee table." As Fr. Richard put it in his article, "Our sense of disconnection is only an illusion. Nothing human can stop the flow of divine love. Love does not lose, nor does God lose. Nothing can stop the relentless outpouring force that is the divine dance."

I certainly can't put it any better than that. Love and light, Roger

[Condensed from Roger's blog post of 9/16/16. Read the whole article at www.unityalbany.org/2016/09/the-ground-of-being]

I Am Thankful For...*(cont'd)*

Let us stop feeding this monster...the fear and anxiety that is being manufactured for us. The reality is, your life, all of our lives, no matter how grand or not good this current moment is, has the potential to be greater than you can currently imagine. The practice of gratitude is a tool to move us all in the direction of living a life of greatness. In her book, *The Secret*, Rhonda Byrne writes, "Gratitude is a powerful process for shifting your energy and bringing more of what you want into your life. Be grateful for what you already have and you will attract more good things." Gratitude is more than a feeling, or an experience; gratitude is an attitude we can choose in order to create a better life for ourselves and for others. The Nigerian Hausa put it this way: "*Give thanks for a little and you will find a lot.*"

As we move forward to celebrate Thanksgiving and far beyond, let us choose to band together to turn away from race consciousness of fear and lack, toward the heightened spiritual consciousness of love and gratitude. Let us choose to make every day a special day that we are grateful for, instead of waiting for Thanksgiving or any holiday to make special and be grateful for. Let us choose to be "for" something than against something. Let us choose to be grateful, so our eyes will be opened to the limitless potential of the universe. Let us celebrate all the good that is in the world.

*"This is the day the Lord
hath made. Let us rejoice
and be glad in it."*

—Psalm 118:24

People to Know

Our Board of Trustees

Lois Crommelin, President
Orisa Skipper, Vice President
Ernie Klemm, Treasurer
Bonnie Kriss, Secretary
Deborah Foss, Trustee
Nancy McClearn, Trustee
Paul Frament, Alternate

Our Staff

Rev. Crystal Muldrow, Senior Minister
Jane Bloom, Licensed Unity Teacher,
(LUT) and Director of Youth
and Family Ministry
Rev. Roger Mock, Music Director
Barbara Zeller, Office Administrator



Jim & Kay visit 9-11-16



Our new "resident" gardener!
Summer 2016

Editor's Note: Feel free to submit photos, articles, prayers, and/or poems for publication to Bonnie Kriss, tedandbonkriss@hotmail.com. Deadline for submission is 11/20 for the December—January newsletter.

Events Calendar

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

Ongoing

Prayer and Meditation

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

Sundays 10:15-10:45 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 10:15 am** as the doors will close to hold the silence for this sacred gathering.

Get Fit and Stay Centered

Mondays at 5:00 pm

Kripalu Yoga

Deborah Foss (944-9858 for info)



Tuesdays, starting October 11, 7:00 -8:30 pm

Kundalini Yoga

Amy Rosen

Kundalini yoga, also known as the yoga of awareness, is a fast and effective way to clear the mind, energize the body, and uplift the spirit. Discover practical ways to maneuver through life in a powerful and focused way. We'll use mantra, movement, breath, and meditation to give us a hands on experience of our highest selves, AND strengthen our nervous and glandular systems. Experience is not necessary nor is a flexible body requisite.

Mondays, 6:30-7:30 pm

Creating Heaven on Earth

Jakob Spearfisher & Chris Johnson

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.

Current Classes

Tuesdays, starting September 20

10:00-11:30 am

Tuesday Book Study Group

The Transcendent Life by Jim Rosemergy

The Transcendent Life explores humility and the paradox it presents to humanity. Humility opens the door to a way of life and sustains it. “Something mystical has come alive ... for everyone who exalts himself will be humbled but he who humbles himself will be exalted.” (Luke 18:14). Please join us on Tuesdays! Contact Jane Bloom if you have questions at e-mail at janeb915@gmail.com or 802-430-4490.

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



Events Calendar *(cont'd)*

Current Classes *(cont'd)*

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

Sunday, October 2, 9:00 am Talk
11:00 am Rev. Crystal's Installation
Rev. Paulette Pipe



Reverend Pipe will conduct the installation of Reverend Crystal's position as Unity Church in Albany's Senior Minister. Reception to follow.

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.

Saturday, October 8, 11:30 am
Blessing of Our Animal Companions
Rev. John Fredrick

All are invited to celebrate the blessing with their animal companions outside the Bradford Street Lobby, rain or shine. (In case of rain, the ceremony will take place in the sanctuary.) We ask that all animal companions be properly leashed or in appropriate carriers for their safety and to maintain a "peaceable kingdom" for all two-legged and four-legged creatures in attendance.

Sunday, October 16, 12:30 pm
Prayer Partner Project Closing Meeting

A celebration of thanksgiving and gratitude, a time for closure and reflection, as well as discovering who your Prayer Partner was.

Sunday, October 23, after both services
Volunteer Job Fair

Have you ever wondered how to get involved, how to meet others, and how to give back to our church community? There are several opportunities waiting for you! Visit the job fair where all our ministries will be outlined and described for you. See all the possibilities on **page 8**. Hey, you never know what you'll find!

"When our desire is to give instead of get, our core belief is that we have so much abundance, we can afford to give it away. The subconscious mind takes its clue from our core beliefs, and brilliantly manufactures situations that reflect them. Our willingness to give directs the universe to give to us."

~ Marianne Williamson

Sunday, October 23, 6:00 pm,
OneSong Service
Kirtan with Adam Bauer



Adam Bauer was blessed to spend many years playing bass in support of sacred chant pioneer **Krishna Das**, and later with Bhakti Yoga legend **Shyamdas**, both of whom

nourished his love of sacred sound and the yoga of devotion. For the last several years, and especially since Shyamdas' passing in 2013, Adam has been on the road offering his own voice, teaching and kirtan across America, Canada and India. A lifelong student of the devotional life, Adam enjoys sharing perspectives on the path of love and devotion wherever the opportunity arises.

Sunday, November 13, 6:00 pm
OneSong Service
Mary Verdi Trio

Mary Verdi returns by popular demand! *Take Flight* with Mary and her companions and allow your spirit to soar. Their message is one of universal love that unites people of all spiritual traditions and walks of life. With Eileen Markland on violin, viola and flute, and world percussionist John Marshall.



Events Calendar *(cont'd)*

Upcoming *(cont'd)*

Tuesdays, starting November 15, 6:30-8:30 pm Healing Through Illness

Rev. 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 4 week 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)*

Sunday, November 20, 9:00 & 11:00 am Talk "Healing the T(error)ist Within"

12:30—3:30 pm Workshop

"Mysticism and A Course in Miracles"

Jon Mundy, PhD



A Course in Miracles is perhaps the most profound mystical document ever to cross the face of planet earth. It says what the mystics have been saying for ages. The difference is that the *Course* is a document of the 21st Century, providing a truly sophisticated mechanism by which we may find our way back to our eternal Home.

Registration: \$25 paid in advance / \$30 at door
(no one turned away who cannot pay)

Dr. Jon Mundy is an author, lecturer, the publisher of Miracles Magazine and the Executive Director of All Faiths Seminary International in New York City. He taught courses in Philosophy and Religion from 1967 to 2008 at the New School University and at the State University of New York with specialization in The History of Mysticism. Jon is the author of 10 books. His last three books published by Barnes and Nobel are: Eternal Life and A Course in Miracles (2016); Lesson 101: Perfect Happiness (2014); and his best-selling book, Living A Course in Miracles (2012) now in 8 languages. Jon met Dr. Helen Schucman, the scribe of A Course in Miracles in 1973. Helen introduced Jon to the Course and served as his counselor until she became ill in 1980. He also appears on occasion as Dr. Baba Jon Mundane, a standup philosopher comedian.

Thursday, November 24, 1:00 pm Thanksgiving Day Pot Luck Lunch

We gather at 1:00 to set up for our meal. At 1:45 we sing, pray and give thanks. Lunch begins about 2:00. We ask that you sign up to bring one part of the meal. After lunch we will enjoy some time together and perhaps a short film. This dinner is open to congregants and their guests with a covered dish lunch.



Sunday, December 4 Jessica Roemischer



Our dear friend, pianist Jessica Roemischer, returns to grace us with her soul-touching music and inspiring words.

Morning Services, 9:00 and

11:00 am

Jessica sets the tone for the Advent and Christmas seasons with her beautiful piano music, providing a tapestry of sound textures which evoke peace, serenity, joy and love.

Afternoon Workshop, 1:00 pm

"New Beginnings"

An Experience of Memory and Music

Memory is associated with the past, with times gone by. What if our memories can free us, opening the way to the future? In an afternoon workshop with award-winning pianist and writer, Jessica Roemischer, we'll explore the power of memory and music to awaken our true selves and create new beginnings.

OneSong Service, 6:00 pm

Uniquely combining inspired piano music, spoken word and collaborative creativity, Jessica dissolves the boundary between performer and audience. She'll invoke the spirit of Advent with inimitable grace as she dialogues with those present, sharing humorous and uplifting stories.

Volunteer Opportunities

Inreach/Outreach (Bonnie Kriss)

UnityChurchCares

Committee Chair: Ann Marie Burke

- Be on call to monitor congregant needs/requests via e-mail or phone; assess requests and assign volunteer accordingly
- Be a volunteer to assist with occasional needs (prayer, phone calls, errands, etc.)

Prayer Chaplains

Committee Chair: Dennis Ryan

- Participate on prayer team on a daily schedule for prayer requested via e-mail, phone and prayer box
- Schedule a time to read and record the Daily Word church voice mail

African/American Family Day

- Committee Chair
- Man (woman) table at August event, Empire State Plaza, sharing information/handouts about Unity Church

Pride Festival

- Committee Chair
- Man (woman) table at June event, Washington Park, sharing information/handouts about Unity Church

Local Media

Committee Chair: Roger Mock

- Advertise upcoming church events/classes
- Press release of various classes/events
- Social Media
- Website
- Newsletter

Sunday Worship (Orisa Skipper)

Hospitality

Committee Chairs: Kevin Helems, Antonia Barrone

- Make coffee/tea (specify 9:00 or 11:00 service)
- Set up and/or clean up (tables & refreshments)
- Make refreshments reimbursed by church-up to \$40/wk; rotation of 1x per 4-6 weeks

Ushers

Committee Chair: Pamela Coles

- Greet congregants/guests (specify 9:00 or 11:00 service); distribute bulletins, guest packets, collect offering

Audio/Visual

Committee Chair: Roger Mock

- Technology Upgrades
- Paul Frament
- Sunday Project Powerpoint Prayers/songs/announcements; manage sound as needed; record message; rotation of 1x per 4-6 weeks

Music Ministry

Committee Chair: Roger Mock

- Musical Talent: voice, instrument, other

Prosperity (Lois Crommelin)

Tellers

Committee Chair: Laurie Roop

- Count offerings after 11:00 service; prepare and make bank deposit; rotation of 1x per 4-6 weeks

Finance Committee/Investment Committee

Committee Chair: Ernie Klemm

- Annual budget preparation; proposal to Board of Trustees
- Monitor investments
- Report quarterly to Board of Trustees

Special Events (Deb Foss)

Pot Luck Luncheon (Approx 3X/Yr)

- Committee Chair
- Work w/Hospitality Team to coordinate food/drink/paper goods
- Arrange room for seating
- Clean Up

Town Meeting (Approx 2-3X/Yr)

- Committee Chair
- Arrange room for seating
- Clean Up

Coffee House (Approx 3-4X/Yr)

Committee Chairs: Gary Alloco, John Reith

- Organize performance order
- Work w/Hospitality Team for refreshments
- Arrange room for seating
- Clean Up

Movie Night (Approx 4X/Yr)

- Committee Chair
- Select movies
- Refreshments

Picnic in the Park (Thatcher Park each July)

- Committee Chair
- Work w/Hospitality Team for Refreshments
- Bring items to Park
- Set Up
- Clean Up

Fall Retreat

Committee Chair: Geri Ann Liacona

- Arrange dates/location of retreat
- Arrange for speaker/topic
- Arrange sign ups, payment, logistics

Small Business Fair

Committee Chairs: Bonnie Kriss, Ann Marie Burke

- Set Date
- Advertise for participants
- Make room arrangements
- Advertise to congregation for attendance
- Administer needs during event

Christmas Party

- Committee Chair
- Set date for early December
- Decorate fellowship hall
- Arrange room for seating
- Work w/Hospitality Team for refreshments
- Arrange activity/entertainment
- Arrange for gift giving/donation
- Clean Up

Spiritual Education (Nancy McClearn)

Youth Education

Committee Chair: Jane Bloom

- Teacher for Youth Education
- Teacher for Uniteen group
- Teacher for Y.O.U (Youth of Unity)

Education Classes

Committee Chair: Rev. Crystal Muldrow

- Offer spiritual education to congregation, etc.

Building & Grounds

Ernie Klemm

Gardens

Committee Chair: Paul Frament

- Plant, weed, & clean up spring, summer, fall

Adhoc Repairs/Needs for Building & Grounds

Committee Chair: Ernie Klemm

- Building clean up
- Available as needed



By John Daubney

Spotlight On Service



Rev. John Frederick

Service to others can be a wonderful way of discovering more of the unique, God-given gifts we each possess, along with uncovering the passion we each have for certain types of activities. John is someone who has certainly accomplished that. His deep desire for wanting to make a difference in people's lives has created a healthy passion for leadership and service in areas where he feels a calling. John's love for travel, helping those in need, spiritual growth, and for Unity in Albany has blessed us all for many years.

I came to Unity in the Spring of 1996, right around Easter time and soon after the church moved into the new building on King St. Arthur Wells was the minister and I knew many of the people who were attending at that time, and met a lot of the long-time members like Audrey and Sam, Madison, Deb Burger, Dennis Ryan, the Barkleys and the Birds, all of whom were very welcoming and affirming.

I was attracted by two things at first, besides the people and Arthur's message, the meditation during the service and the lack of dogma. I had been trying meditation and found it easier and more powerful in a group of people, rather than home alone. And also, I was attracted strongly by the lack of any dogma whatsoever in the message or the Unity literature I came upon, like the Daily Word and Unity Magazine. Nobody was saying, "This is what we believe and you have to believe it too." They were saying, "Here's some things we've discovered that work in a practical way. Try them and see if they work for you too. And we will be learning more things as we develop and progress...."

My first service commitment was working in the bookstore. I always liked libraries and bookstores and had worked in one in high school. Ron DePersis was chair of the bookstore committee and he and his family were very nice. I enjoyed helping organize the bookstore and then staffing it on Sundays.

Later, Donna Reed offered the 4T Prosperity Program and I knew I wanted to get more prosperity (to me that meant money at the time) in my life, so I took it twice with her. I got a lot out of it and began manifesting much more prosperity in my life (money as well as other things, like health). More people wanted to take the program so I volunteered to facilitate the course. I ended up doing it five or six times altogether.

Service makes me feel a part of the larger whole. It gives me a chance to be challenged and grow. It allows me to put spiritual principles into practice, where they go from being theories to actualities in my life. "The Spiritual life is not a theory. We have to live it." is one of my favorite quotes from the AA Big Book. I also loved that people kept calling Unity a "Truth Movement" and saying that it is "Practical Christianity." The church I grew up in was the farthest thing from practical. It gave me (and my mother) no real answers, no solace in times of confusion, fear and trouble. Unity offered ideas that immediately rang a bell deep within me: This stuff works! This stuff makes sense!

I have done a lot more service over my twenty-plus years here at Unity in Albany, including being on the Board. I would tell anyone who is hesitant, to just try something.....anything, and see what happens. Look for what makes you smile, what gives you a boost. Service should never be drudgery or obligation. It is based in love and the offering of that love to another.

"There is a vitality, a life force, a quickening that is translated through you into action, and there is only one of you in all time. This expression is unique, and if you block it, it will never exist through any other medium; and be lost. The world will not have it. It is not your business to determine how good it is, not how it compares with other expression. It is your business to keep it yours clearly and directly, to keep the channel open. You do not even have to believe in yourself or your work. You have to keep open and aware directly to the urges that motivate you. Keep the channel open. No artist is pleased. There is no satisfaction whatever at any time. There is only a queer, divine dissatisfaction, a blessed unrest that keeps us marching and makes us more alive than the others."

~ Martha Graham



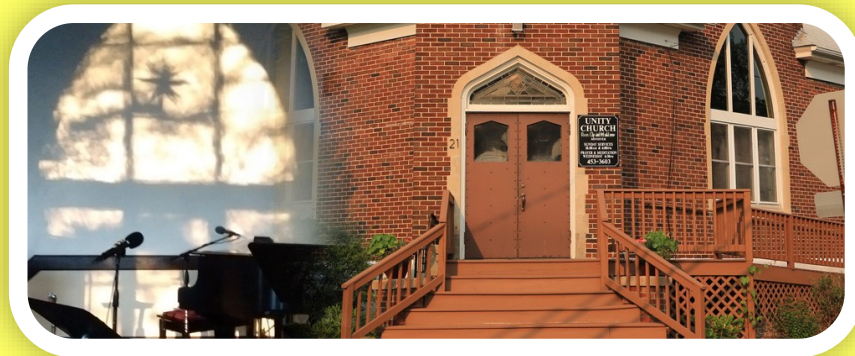
NON-PROFIT ORG
US POSTAGE PAID
ALBANY, NY
PERMIT NO. 713

21 King Avenue
Albany, NY 12206
518-453-3603
www.unityalbany.org
unityalbany@yahoo.com

Sent with love and blessings to:

Address Service Requested

.. a positive path for spiritual living



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

Sunday Worship Schedule

Sunday Mornings

at 9:00 am & 11:00 am

*Youth classes are available during the
11:00 am service*

Sunday Evening "OneSong" Service

at 6:00 pm each week

*Multi-faith service with music, meditation
and sacred chant*