



# The Messenger

Unity Church in Albany • 21 King Avenue • Albany NY 12206 • 518-453-3603



## Can You Hear Me Now?

By Rev. Jim Fuller

REMEMBER THE VERIZON ADVERTISEMENTS with the smiling spokesman who would travel to different places to test his cell phone connection? Wherever he went he always asked the same question, "Can you hear me now?" This summer and in the months that follow many of you will travel to different places. As you travel I invite you to ask this question, "Can I hear God now?" Can I hear or feel the presence of God and remember that I am connected? In terms of signal strength and coverage area God offers much more complete service than Verizon. There are no dead spots for God and of course there are never roaming charges. My point is this, wherever you go God is there to inspire and support you. But do you take time to connect? "Can I hear you now God?"

Most of you know that Kay and I love to travel. We travel to visit family. We travel for conferences and retreats. And sometimes we travel just to appreciate the beauty of this planet we all share. In the early days of our travels I would put my prayer and meditation practices on hold until I returned home to my regular routine. Eventually I noticed that when I did that I felt like something was missing, and it was. What was missing was the inner feeling of connection with my Source. That motivated me to consistently include daily prayer and meditation into my travel and vacation schedule.

Please don't misunderstand me; I don't spend all day praying. But I do really enjoy finding a quiet moment,

perhaps in a beautiful place, to simply sit and connect with God in prayer or silence. When I am in cities I often look for open churches to visit. Some feel very sacred even as I enter them, others are simply pleasant. I have also had wonderful moments of prayer and meditation in city parks, museums, on mountains and at the coast. And the more I do this, the more deeply I appreciate my travels and the people and places I visit. By taking time to connect with God I feel more connected to everything else as well.

Many mornings I start the day with a prayer thought as I lay in bed. I generally take a several minutes to sit quietly, either before or right after breakfast. If I see an inviting place to sit during the day I may take a few minutes to stop and make another God connection there. And as I prepare for bed I always take a few more minutes to feel my God connection and to appreciate my day. Even when I am tired (especially when I am feeling tired) I find that taking a few minutes in prayer right before bed helps me rest better. It

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also makes God-thoughts the last thoughts in my mind before I move into sleep.

Prayer does not need to be a long or formal process, simply becoming still, remembering that Creative Presence that is always with you, and quietly resting in that remembrance for a few moments will keep you connected long after the prayer ends. At times your prayer/meditation time may be quite brief. At other times you may want to linger and keep the connection going a little longer. Whenever I travel I also like to take along an inspiring book. I may bring some lighter reading for fun but I like to have something spiritual to inspire me as well. I may only read a small amount from my

"Can you hear me now?" cont. on page 7



# LOOKING AHEAD

## Great Guest Speakers Coming Soon!

- **Rev. Ginger Tomaselli**  
**Sunday June 22<sup>nd</sup>**  
10:00 Worship Service
- **Cary Bayer (See related story, Page 5)**  
**Sunday June 29<sup>th</sup>**  
10:00 AM Worship Service  
  
12:15 – 2:45 PM Workshop: *“How to Overcome Procrastination NOW.”*
- **Elaine Silver**  
**Sunday July 6<sup>th</sup>**  
10:00 AM Worship Service *“The Law of Attraction in Action with Inspired Music”*  
  
Noon – 2:00 PM Workshop: *“The Passion Test”*
- **Victoria Moran**  
**Sunday August 10<sup>th</sup>**  
Author of: *Creating A Charmed Life, Fit From Within, and Fat Broke and Lonely, No More!*
- **Rev. Sonya Milton**  
**Sunday August 17<sup>th</sup>**  
Unity Minister from Napa, California

## Reiki Healing Service June 18<sup>th</sup> - 6:30 PM

Reiki Practitioners from the past several classes held at Unity Church are offering this service. Please bring your fellow congregants, friends and family and share in this special event. The service will begin with Meditation at 6:30 pm followed by Reiki from 7:15 to 8:30 pm. We look forward to seeing you on June 18<sup>th</sup>.

*Many blessings,  
Geri Ann Laiacona, Reiki Master/Teacher*

## Steve Andersen's Africa Journeys June 8<sup>th</sup> – 11:30 AM

What would it be like to be a person with a disability in the fourth poorest nation in the world? During his work with the Peace Corps in Mali Africa Steve Andersen connected with a group of people with disabilities who were working to improve their own lives and the lives of others. Through his efforts this group connected with an advocacy group here in New York State. Join Steve Andersen and Steve Holmes to learn how they introduced these groups to each other and created what is now an ongoing relationship.

## Four Enchanted Evenings in July (with Rev. Jim Fuller) July 9, 16, 23 and 30

Singing prayers is an ancient tradition and a powerful tool for establishing a connection with God. On Wednesday's evenings July 9, 16, 23 and 30 Reverend Jim will lead a time of chanting (singing) sacred prayers. We will extend our usual Wednesday prayer time to one hour (6:30 – 7:30 PM.) All prayers will be easy to learn and sing. Prayers will be chanted for an extended period of time and followed by a period of silent meditation. We will sing prayers from a variety of faith traditions. All prayers address our Creator, God, and/or our inner Christ, albeit by a variety of different names.

## Church in the Park at Thatcher Park Sunday July 27<sup>th</sup>

**Fireside Service, 9:30 AM**

**Sunday Celebration Service, 11:00 AM**

**Pot Luck Lunch, 12:00 noon**

**Games and activities, all afternoon**

Thatcher Park is near the town of New Scotland, just 25 minutes from Albany via Route 85 West. Follow the signs to the park and look for the Unity banner across from the overlook parking area. (No services at 21 King Ave. July 27<sup>th</sup>.)

# LOOKING AHEAD

## Let's Be Happiness! Our 2008 Summer Retreat

SPEND SOME QUALITY TIME WITH YOUR UNITY FAMILY as we relax, renew and explore at the fifth annual Eastern Region Summer Retreat, August 7-10.

The theme for this year's retreat is Let's Be Happiness. Reverend Teri Hawkins from Unity of Central Oregon will lead our program. Teri is a experienced speaker and facilitator. She's energetic and she's fun!

Wylie Beverage from Portland Maine will lead our music program. Wylie led music program for last year's regional fall conference. This summer's retreat will be a mix of workshop sessions, music and free time to relax.

The Inn at Pocono Manor (Pennsylvania) will once again provide us with a central meeting place that is both affordable and gracious.

Golfers are reminded that there are no green fees for guests at the Manor. The Laurel Spa is ready to provide massages and other services. Orvis Outfitters can arrange an afternoon of trap shooting or fly fishing.

Perhaps you would enjoy a trail ride to the nearby falls or time to lounge by the pool, so many options. Brochures and registration forms are available at the church. Please join us this summer; you will be glad you did all year long.



## Ongoing Events

**Yoga Classes** – Every Monday evening from 5 – 6 p.m. Class is led by Deborah Foss, RYT, and is geared toward experienced participants. Beginners, please call before attending. Cost is \$80 for 8 weeks or \$15 per class (scholarships available). Bring your own yoga mat and pillow. **For more information, call Deborah Foss at 785-4131.**

**Pilates Mat Classes** – Every Saturday morning from 9 – 10 a.m. Class is led by Kay Fuller. Cost is \$80 for 8 weeks or \$15 per class. Bring your own mat. Beginners, please call before attending. **For more information, call Kay Fuller at 439-1775.**

## Shopping for a Good Cause!

### Food Pantry Reminder List

*(clip and carry this list with you when you shop)*

**These items are especially needed because they are not covered by food stamps.**

#### Infant Care:

- Diapers
- Baby wipes
- \_\_\_\_\_
- \_\_\_\_\_

#### Bathroom Items:

- Toilet paper
- Tissues
- Bar Soap
- Razors
- Shaving Cream
- Toothpaste
- Toothbrushes
- Shampoo
- Band-aids
- First aid antiseptics
- Feminine products
- \_\_\_\_\_

#### Kitchen:

- Dish soap
- Sponges
- Paper Towels
- Window cleaner
- \_\_\_\_\_
- \_\_\_\_\_

#### Laundry:

- Detergent
- Fabric Softener
- Bleach
- Dryer Sheets
- \_\_\_\_\_
- \_\_\_\_\_

#### Other:

- \_\_\_\_\_
- \_\_\_\_\_



# UNITY SUPPORTS THE COMMUNITY!

## Unity Tithes Help People With Homes, Jobs and a Better Life.

RECENTLY, THE UNITY BOARD OF DIRECTORS has decided to support our wider community by making an investment with the Capital District Community Loan Fund. We are demonstrating our prosperity and our commitment to service by linking our spiritual mission to self-help community efforts.

The CDCLF is a non-profit community development financial institution serving the Capital Region. Since 1985, the CDCLF has provided equitable access to capital and economic opportunity by pooling investments and donations from individuals and organizations and re-lending it to non-profit organizations for housing and community improvement and to micro enterprises for business development. It's mission is to promote sustainable community development efforts for economically underserved people and communities.

Unity Church in Albany's spiritual mission — to awaken and embrace the Christ in all persons through prayer and service — fits perfectly with the CDCLF's mission. Service is not just doing physical work. Money — which is just another form of God's spiritual energy — can (and must) be put into service to help erase poverty, unemployment and homelessness. Religious institutions and individuals — motivated by their faith commitments to do service in God's name — were among the first to invest in the Loan Fund and now make up over 20 percent of all investors.

Unity's investment, of \$10,000 for a period of 2 years, will pay a small interest rate. But more importantly, it will pay untold dividends as it is put to work in the Capital District, over and over, to provide financing for community and economic development projects and micro enterprises owned by low-income people, minorities and women.

Recently, the CDCLF's unique loan products have allowed local Habitats for Humanity to build more affordable homes with the same amount of resources; created over 50 jobs managing the Albany County

Job Creation Partnership program that made 3 loans to small businesses and 1 to a non-profit group; held 3 8-week business planning training courses, special trainings and workshops; helped establish and grow the Albany County Housing Trust fund and sponsored a workshop for Saratoga County to introduce the Housing Trust Fund model.

Since 1985, the CDCLF has made over 430 loans to community and economic development projects totaling almost \$20 million, resulting in over 650 affordable housing units created or preserved, over 120 minority and women owned businesses started or expanded and over 800 jobs created or retained.

Your Board of Directors felt strongly about making this investment of Unity's spiritual energy in the community, fulfilling our spiritual mission and the church's vision in a new and powerful way. We look forward to taking further steps out into the larger community so that our "light can shine for all to see."

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### Treasurer's Report

*January - April 2008*

*(All figures are Year-To-Date)*

#### OPERATING FUND

Income ..... \$54,415  
Expenses ..... 50,751  
Balance ..... 3,664

#### CAPITAL FUND

Balance ..... \$1,675

#### Note from Your Treasurer:

On behalf of the Rev. Jim and the entire Board of Trustees I thank each and every one of you for your continued generosity to Unity Church. The Law of Circulation states that as we give we will receive.

Respectfully submitted,

Donald J. Raux, Treasurer

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## Sunday, June 29th Cary Bayer

CARY BAYER HAS LED SEMINARS at more than 40 different Unity churches in the U.S. A Life Coach since 1988, he's helped thousands of people create breakthroughs in virtually every area of life, and has coached Oscar-winner Alan Arkin, David Steinberg, and Quality Inns. He's also a teacher of Transcendental Meditation.

Cary has authored more than two dozen publications, in three languages, including *The Prosperity Aerobics* and an affirmation series on relationships, communications, money, career; and the inner journey.

He's appeared on dozens of TV and radio shows, and his writing has run in *New Age Journal*, *Playboy*, New York's *Daily News*, and the *San Francisco Chronicle*. He writes a syndicated column called "Life 101" that appears in publications throughout the country. He was the 2006 keynote speaker at the convention for the American Massage Therapist Association.

You can reach him by email at [successaerobics@aol.com](mailto:successaerobics@aol.com) or can visit him on the web at [www.carybayer.com](http://www.carybayer.com).

## How to Overcome Procrastination NOW

In this valuable class, *How to Overcome Procrastination NOW* author Cary Bayer offers procrastinators tools to immediately overcome habits of delaying actions that cause untold suffering, loss of money, and lack of success. It includes interactive one-on-one processes that help procrastinators isolate the causes of their behavior. The class provides mental, emotional, and behavioral techniques that empower a dynamic life filled with achievement and peace. Methods include a behavior modification process based on an enticing weekly reward, appealing to the inner child, that offers win/win scenarios for procrastinators and everyone else whose lives they touch. Most of all, this fun procrastination game dramatically transforms how one feels about the activities that one procrastinates—morphing what had been stress and anxiety into pure pleasure.

## Interested in studying *A Course In Miracles*?

PERHAPS YOU HAVE ALREADY TRIED THE COURSE and found it difficult to make it through the text and 365 daily lessons? The Course is challenging, and it is powerful tool for spiritual growth. And, the metaphysics of the Course are highly compatible with Unity teachings.

While the Course is designed for individual study it is helpful to have "support group" to share your questions, discoveries, and journey with.

Unity Church supports two *A Course In Miracles* study groups. One study group meets Sunday evenings at 7:00 PM in the church library. A second study group meets on the 2<sup>nd</sup> and 4<sup>th</sup> Mondays at the home of Reverend Jim and Kay, in Delmar.

Both groups are open to new students as well as those who have already been working with the Course. You can find information about study groups across the United States, and beyond, at [www.miraclecenter.org](http://www.miraclecenter.org).

## Reverend Jim's Summer Sabbatical

A SABBATICAL IS A SEASON OF REST AND RENEWAL. Sabbatical leave is a recommended component of agreements between churches and ministers in Unity and most other denominations. Rev. Jim's sabbatical leave was included in his original contract in 2003. Rather than taking one extended period of sabbatical (usually six months) Reverend Jim and the board agreed to spread his leave over several years. This was done to minimize the impact of his leave on church operations.

This summer Reverend Jim will be on sabbatical for two weeks starting at the end of June and for another two weeks in early August. The rest of the summer he will be leading church services and activities as usual. During part of his time away he will serve as Unity Minister in residence at the Chautauqua Institute in Western New York State. In August he will attend and help with the Eastern Region Summer Retreat. The balance of the time will be dedicated to rest, reading, meditation and visiting some nearby Unity Churches.



# Spotlight on Service

## Jean Robinson

By John Daubney

*Owing to our interests, our gifts, and our personalities there are those among us who are “out-front,” in the particular way we contribute service; and then there are those who lead and inspire us by their quiet example. Jean Robinson is such a person. Although reserved and low-key, Jean is a real spiritual “dynamo,” and very passionate in serving as a prayer chaplain, to those in need of prayer. Recently she agreed to share some of her thoughts on her involvement in service at Unity Church.*

IN THE 1960S I FIRST HEARD OF THE UNITY WAY OF LIFE from my Aunt Jean who lived in Oyster Bay, L.I., and I later attended my first Unity service in Huntington, Long Island. After attending services for awhile and reading the books of Eric Butterworth, Charles Fillmore, and many other beloved Unity authors I became conscious that I was experiencing a big breakthrough into an entirely new way of thinking and living.

When my first marriage ended I needed to prepare myself to be on my own. With the help of some wonderful, spiritual friends and the Unity concepts, I enrolled in school, went on to become a licensed nurse, and began working in that field. I was able to support myself and even though money was sparse, I tithed from the small amount available to me, and have never felt that I was in financial danger since. I believe that tithing and forgiveness are needed to live a successful and happy life.

By 1984, I was ready to expand further and flew out to Unity Village during the Easter Season to attend a retreat and experience that awesome place for the first time. It was an amazing experience that really *hooked me* and left me wanting to go again. So the next year I encouraged my friend, Gwen White to go with me which she did, and we continued to attend those retreats for the next five years.

By 1990, I was beginning to get the desire to become a Unity Teacher in order to share all this information I was learning. During this time, our own church had been established on Madison Avenue and was

growing. Rev. Rebecca Clark was our first minister and I was drawn to her kindness and her spiritual light. You may have read her book “The Rainbow Connection”. Since then we have had other pastors who have guided us to become a very successful church.

When the Morgan and Cynthia Barclay were part of our church family, Morgan taught some of us how to form and lead small groups in our homes, in order to pray and study Unity principles together. So a few of us began meeting at Gwen White’s house in Hoosick Falls and completed this program. It was so enjoyable to be together that we continued meeting and studying other Unity books. Right now we are working out of Neale Donald Walsh’s book “Conversations With God, Book 1.” Our get-togethers are held every other Wednesday at noon. We share lunch, love, support and spiritual growth with each other.

Soon after becoming a licensed Unity Teacher, I was presented with the opportunity to go through training at Unity Village to become a Chaplain. That has enabled me to train others in our congregation who are interested in serving in this capacity. Currently we have ten dedicated men and women who provide the comfort of prayer and emotional support to members of our congregation after the Sunday morning services, and as well are part of our Prayer Team. Prayer was the foundation of the Fillmore’s spiritual quest as they walked the path of service.

In my time in Unity I have also served: on the Hospitality Committee, as an Usher, counted collection money, served on the Board for one term, taught classes, and have been a Small Group Leader.

It has been quite a leap from *going it on my own*, to becoming a member and serving the community of Unity Church in Albany. I am so grateful for the connection I have here and hope to be part of it for many years to come.

### *Unity Newsletter*

**Articles for the August/September edition of the newsletter can be submitted to Denise Klein at [katzr3@nycap.rr.com](mailto:katzr3@nycap.rr.com) by Sunday, July 20th. Your news articles, spiritual thoughts, poetry, photos, humor or suggestions are always welcomed.**

# The Love You Seek

THE LOVE YOU SEEK IS ALSO SEEKING YOU. Love is in your heart, at the very center of your being—an inherent part of you because you had your beginning in God, and God is love. You are created by God's love, which is unconditional, all-encompassing, and totally fulfilling.

How wonderfully reassuring to realize that your desire for happiness and fulfilling relationships is but the love of God in your heart seeking expression through you! Every moment of your life becomes an opportunity to prove God's love by expressing it in all your thoughts, words, and actions.

God's love will satisfy every need of your mind and heart. You may have found some experiences in your life difficult to understand, but in every season of trial or change, the love of God is with you to strengthen, sustain, and guide you.

"In all these things," the apostle Paul assures us, "we are more than conquerors through him who loved us. For I am convinced that neither ... things present, nor things to come, nor powers, nor height, nor depth, nor anything else in all creation, will be able to separate us from the love of God" (Rom. 8:37-39).

You live and move and have your being in God. Your acceptance of God's love is the determining factor between a barren life and a joyful, love-filled, victorious life. Whether or not you express love, God's love is always seeking you, always surrounding you.

When you become still in prayer and meditate on God's love, consciously seeking to let it flow through you, your life undergoes the metamorphosis that love always accomplishes. Realizing that you are a living, responsive, radiant expression of God's love uplifts your heart and fills your life with the goodness of God. By your glowing face, positive speech, and loving attitude toward others, the world knows that you are God's love in action, giving and receiving love continuously.

In joyous awareness of God's magnanimous, out-reaching love, we pray. Our love enfolds you as you grow in your awareness of God's love within you and let it radiate through you into every phase of your life. We rejoice that you are fulfilling God's will of love in your life.

*Reprinted with permission from the Unity website:  
<http://www.unityonline.org/prayer/articles/theLoveYouSeek.html>*

## "Can you hear me now?"

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inspirational book but I find that like prayer, reading inspiring material keeps me feeling my God connection.

Perhaps you will travel this summer, maybe for a day, maybe for a month. As you plan your travels you may wonder; can I connect to my cell phone service along the way? Well, even if you can't keep your cell phone connection everywhere you go you can keep your God connection. Whether your summer travel is for business or pleasure you will find it more enjoyable if you occasionally check in to see, "Can I hear (feel) God now?"

*Affirmation: I am always connected with the living loving Presence of Good (God).*

### Life Lessons I've Learned from Noah



1. Don't miss the boat.
2. Remember that we are all in the same boat.
3. Plan ahead. It wasn't raining when Noah built the Ark.
4. Stay fit. When you're 600 years old someone may ask you to do something really big.
5. Don't listen to critics, just get on with the job that needs to be done.
6. Build your future on high ground.
7. For safety's sake travel in pairs.
8. Speed isn't everything. The snails were on board with the cheetahs.
9. When you're stressed, float awhile.
10. Remember the Ark was built by amateurs, the Titanic by professionals.
11. If you can't fight or flee — float.
12. Take care of your animals as if they were the last ones on earth.
13. When the doo-doo gets really deep, don't sit there and complain — grab a shovel.
14. Stay below deck during the storm.
15. If you have to start over, have a friend by your side.
16. Remember that the woodpeckers INSIDE are often a bigger threat than the storm outside.
17. When you're stressed, float a while.
18. No matter the storm, when you are with God there's always a rainbow waiting.



**Unity Church in Albany**  
**21 King Avenue**  
**Albany, NY 12206**

**Non-Profit Org.**  
**U.S. Postage**  
**PAID**  
**Albany, NY**  
**Permit No. 713**

**Phone: 518-453-3603**

**Fax: 518-453-0117**

**E-mail: [unityalbany@yahoo.com](mailto:unityalbany@yahoo.com)**

**Web page: [www.unitychurchinalbany.org](http://www.unitychurchinalbany.org)**

**ADDRESS SERVICE REQUESTED**

# Welcome Home!

FINDING OUR SPIRITUAL HOME — 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!*



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

**Summer Worship Schedule**  
 with one Sunday service at 10:00 AM,  
 continues through August 31<sup>st</sup>  
 (Labor Day Sunday.)  
 Nursery care is available  
 during the summer months.

**8** *Celebrating God within . . . we live in unity and abundance through love and service.*