



The Messenger

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



Keeping Sabbath

By Rev. Jim Fuller

SPIRITUAL TEACHERS AND WRITERS often address the danger of becoming “human doings” rather than human beings. This concern is not

new. When Moses received the ten inspired truth teachings we know as the Ten Commandments one of them was to set apart a time of Sabbath. In English language Bibles it is usually rendered as “Remember the Sabbath day and keep it holy.” (Exodus 20:8) Did our Creator want us to spend one day each week talking and singing about how great “He” is? Was that commandment given to encourage inactivity or laziness? Was this commandment given for God’s benefit or our own?

In the era of the Old Testament observing the Sabbath was mandatory. Those who violated its rules and traditions could be banned from the religious life, severely punished or even killed. The tradition of an enforced Sabbath continued even in modern American life. As a young man I remember stores and businesses being required to close on Sundays. Violators would be taken to court and fined. Today you can buy or do anything on Sunday, just like any other day of the week. But has something been lost when each day becomes just like the one before it? Is there value in set-

ting aside some time each week for a sacred Sabbath?

In Unity we know that God is present every day, every where and in every one. “There is no spot where God is not” is a powerful truth teaching. But in our business we often lose awareness of this important truth. We may become so caught up in our work that we may put off taking needed vacations; no time for that now. Many people work long hours, perhaps including Saturdays. Our minds may become numbed by the ever accelerating pace of life. On Sunday mornings we may feel too tired to do anything but sleep and brace ourselves for the week to come. When we do attend church we may rush off afterward hoping to cross a few more things off our “to do” lists. Somewhere in the middle of all this activity we may sense that something is wrong or missing. Could it be that what is missing is our sense connection with the Sacred, with God?

But has something been lost when each day becomes just like the one before it? Is there value in setting aside some time each week for a sacred Sabbath?

What might happen if we carved out a time of Sabbath for ourselves each week? I’m not talking about time for church; most of us find time to work that hour in. I am talking about a personal time of Sabbath, a time either alone or with friends, to help us connect with the Sacred in our lives. Your personal Sabbath could be a day, a morning, an evening, a special meal or prayer time. Let it be a time you choose to set aside to remember and cel-

Unsolicited Political Advice From Your Minister — IM4U

MANY AMERICANS HAVE BECOME DISCOURAGED BY OUR POLITICAL PROCESSES. Some have simply given up and stopped participating. Others have become hyper-vigilant, noting every flaw or deception. But let us always remember that what we see around us, including in the world of politics, is simply a reflection of thoughts and beliefs that lie within us. Ideas held in mind; whether true or false, sacred or self-centered, inspired or connived always show up in our world in some form. Avoiding or attacking the effects of these ideas will never resolve the problem. I believe that the secret formula for finding solutions and achieving good outcomes in the world of politics is - IM4U.

As the political season winds up into high gear in preparation for the fall elections I invite you to take a radical position. I invite you to look around and find the candidates and issues that you are for, and to focus your attention to these. IM4U means I am for you. We know that whatever we give our attention to is strengthened, both in our own mind and in the physical world. Negative attention only strengthens what we don't want and is always counterproductive. Yes it is important to notice what isn't working, but only long enough become aware that "that's not it." Once that discovery has been made it is time to prayerfully begin looking for inspired ideas and directing our full attention to them. In this election season I invite you to look for the people and places where you see inspired ideas emerging and to give these your attention. Think of this as an "attentional prayer" for good.

If you can't find anything or anyone good enough to support perhaps you need to look inside a bit. Our own internal anger and judgment may blind us to the good that is present all around. Releasing these can help clear our view. Most of us can benefit from a quiet prayer for new eyes and new vision to seek and find the good, and willingness to keep our minds focused on good alone. I personally believe that the Mind of God is always thinking IM4U. As we become willing to seek and direct our attention toward good we will succeed in finding solutions and success, right in the middle of the election season.

Prayer Care Team Update

FOR MANY YEARS
Eileen LeFebure
coordinated our

Prayer Care Team from the church. In recent years she continued to do this from her home. Recently she decided that it was time to step back and allow others to take up work. We thank Eileen for the love and dedication that she has given over many years. If you would like our Prayer Care Team to hold you or a friend in prayer please use our new phone or email: 453-3603 extension 13 or unityalbanyprayer@yahoo.com.

Written prayer requests may be placed in the "Answer Box" in the church lobby. All requests will be prayerfully held for 30 days. All prayer requests are strictly confidential.



Help Us Share the Unity Experience

WE ARE IN THE PROCESS of increasing community awareness of Unity Church, and we need your help. Unity isn't always easy to explain in a few words but it is easy to tell people how participating in Unity has impacted your thinking and your life. We invite you to share your experience of Unity in one or two short paragraphs. We will use material from these descriptions to help increase community awareness of Unity. We are also interested in your suggestions for places to advertize our classes and programs. Please send your experiences of Unity and suggestions for advertising outlets to: Unity Church, 21 King Ave. Albany, NY 12206, or email us at www.unityalbany@yahoo.com. Thank you for helping us get our message into the community in a meaningful way.

St. Francis Day - Blessing of Our Animal Companions

Saturday, October 4, 2007 9:30 AM

Unity Church of Albany

AS AUTUMN ARRIVES, people in various places may notice something odd.

A procession of animals, everything from dogs and cats to hamsters and even horses, is led to churches for a special ceremony called the Blessing of Pets.



This custom is conducted in remembrance of St. Francis of Assisi's love for all creatures.

Francis, whose feast day is October 4th, loved the larks flying about his hilltop town. He and his early brothers, staying in a small hovel, allowed themselves to be displaced by a donkey.

Francis wrote a Canticle of the Creatures, an ode to God's living things. "All praise to you, Oh Lord, for all these brother and sister creatures."

All are invited to celebrate the blessing with their animal companions at the Bradford Street Lobby of Unity Church, 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. For health reasons and out of respect for your pet, we ask that if animals have any illness or injury they be brought to this service in a carrier, so that we may limit stress and not further compromise the health of your pet or another's.

Refreshments will be available for all animal and human participants.

Unity Newsletter

Articles for the October/November edition of the newsletter can be submitted to Denise Klein at katzr3@nycap.rr.com by Sunday, August 21st. Your news articles, spiritual thoughts, poetry, photos, humor or suggestions are always welcomed.

Keeping Sabbath

Continued from Page 1

celebrate the Sacred in your life, in whatever way feels appropriate to you. How might you create a regular Sabbath time for yourself?

I believe that keeping a Sabbath is primarily for our benefit. When we set aside time to rest, appreciate our world, celebrate our lives, and remember who and what we truly are the all of creation benefits. And if you imagine the Spirit of God smiling appreciatively in response to your Sabbath practice, you might just be onto something. "Remember the Sabbath day and keep it holy" is more than a Divine edict or a noble practice. It is a key for unlocking sacred doorways that have long been overlooked in the business of daily life. For more thoughts on creating a Sabbath practice that nourishes and blesses you please consider reading our August/September Book Club selection, Sabbath, by Wayne Muller.

"May we each love ourselves enough to carve out a time of Sabbath in which we celebrate and nourish the sacred 'God Seed' within." Amen

Thanks to Richard Parsons for the following:

"LOVE"

there is an eternal creative presence in each of us

*our purpose is to allow this presence to xpress
through us*

this expression we call LOVE

*by giving attention acknowledgment appreciation
respect and admiration to all we encounter*

*until it becomes so automatic we are no longer
aware of doing it*

we have become a channel for this expression

by giving what we wanted to receive

we became that which we sought



Fall Quest Study Group Forming

The Quest is a 48-week series of lessons that explore Unity teachings and your own spiritual beliefs. Each lesson includes a brief reading and questions/exercises to reflect on. Our weekly study groups are your opportunity to discuss the readings and share your discoveries with others studying the Quest. Signups for weekly study groups will begin in September. Study groups will begin meeting in October. If you are looking for a practical way to understand and integrate Unity's New Thought Teachings, this study group is for you!

“You Can Heal Your Life,” The Movie

Film Showings: Fri 9/26 @7:00 PM, Wed. 10/1 @ 7:00 PM, Sun. 10/12 @ 1:00 PM,

“You Can Heal Your Life,” Weekly Classes

Wednesdays at 7:15, October 8 – December 17
We encourage you to read the book in advance of the class.

“You Can Heal Your Life through Affirmative Living”

Sunday Worship Series begins October 12th

Sunday Worship Series

Sabbath: Tools and techniques for inviting the sacred into your life

August 31 – September 28

A Course In Miracles Study Groups

Sunday, 7:30 PM: at Unity Church

Mondays, 7:00 PM: in Delmar, call 439-1775 for details

How to be at Peace with Anyone

A Sunday Workshop with Coach Cary Bayer

September 21 from 12:15 – 2:45 PM

(Investment \$20)

Rare is the person who doesn't have unresolved issues with an ex-spouse, parent, boss, current spouse, deceased parent or ex-boss. People spend thousands of dollars in therapy trying to resolve these conflicts. Have you ever noticed that people who resemble the people who you're incomplete with have a knack for showing up in your life? That's no accident. This workshop will provide the theoretical framework to understand the role these people play in your life.

This highly practical workshop also comes with a systematic, three-step Completion Process that frees you of the toxic energy and heavy weight that you've been carrying around. In this class, you'll make progress toward finishing the first two of these three steps that are vital for your physical, emotional, and financial health, and will enable you to become at peace with anyone you've ever known.

Youth Education in September

UNITY CHURCH'S CLASSES FOR CHILDREN will start again this September during the 11:00 service. Nursery services for the littlest angels are also available during this service.

This year our teachers have a lot of great projects planned for our children. We are using Unity-approved lesson plans that really can give a child a solid foundation in Unity Truth Lessons — things that they can use in their daily living and improve their world. Won't you please make a commitment to have your child attend as many of the Sunday school classes as s/he can?

Guest Speakers:

Victoria Moran

August 10 at 10:00 AM

Talk title: “When You Get Lost Between the Moon and New York City”

Victoria is a writer and frequent speaker in New Thought churches. Her books include *Creating a Charmed Life* and *Fat Broke and Lonely – No More*. Her new book: *It’s Not Where You Start, It’s Where You Finish* will be out next spring. Learn more about Victoria or subscribe to her free weekly e-zine “The Charmed Monday Minute” at www.victoriamorán.com. Listen to Victoria’s monthly internet radio program “A Charmed Life” on www.healthylife.net.

Rev. Sonya Milton

August 17 at 10:00 AM

Talk Title: *Life as a Palimpsest* (Yes, that is a real word!)

Rev. Sonya Milton lives in Napa Valley, CA and is co-minister with her husband Hal of *InsideOut Ministries*, an alternative ministry within the Association of Unity Churches – a church without walls – that is dedicated to evoking and celebrating the authentic expression of Divinity inherent in all Beings. This is manifested through classes, seminars, workshops, lecturing, and most of all, remembering to Practice



the Presence. She has served as senior minister in Unity churches in Knoxville, Tennessee and Napa. She currently serves the West Central Region of the Association of Unity Churches as Judicatory Representative.

Cary Bayer

September 21 at 9:00 & 11:00 AM

Talk title: “How to be at peace with anyone”

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 break-

throughs in virtually every area of life, and has coached Alan Arkin, David Steinberg, and Quality Inns. He’s also a teacher of Transcendental Meditation.

Jon Mundy, PhD

October 5

Jon Mundy returns to share his insights and inspiration regarding the spiritual journey. Jon is a minister, professor and a long time student/teacher of *A Course In Miracles*. You can learn more about Jon and his ACIM based ministry at: www.miraclesmagazine.org

Eckhart Tolle speaks at Unity Village

Unity Village, Missouri is the home of the Unity School founded by Charles and Myrtle Fillmore. Recently Eckhart Tolle visited the village for a series of presentations. You can watch three thirty-minute webcasts from his visit by going to www.unityonline.org and clicking on the link to UnityFM.

Unity Book Club News

THE UNITY BOOK CLUB is dedicated to reading and discussing books by Unity and New Thought writers. This year we will allow two months for reading each book. We also invite you to join us for Sunday lunch-time book discussions facilitated by Reverend Jim.

As you read each book please remain alert for ideas that trouble you, delight you, or raise further questions. Your observations and questions form the core of our book discussion meetings.

August/September reading: *Sabbath*, by Wayne Muller (book discussion on 9/28)

October/November reading: *Christian Healing*, by Charles Fillmore (book discussion on 11/23)

Spotlight on Service



Gary Allocco

By John Daubney

Known by his trademark hats, ready smile, humorous

quips, and love for singing, Gary's willingness to serve others through various activities at church has brought happiness and a greater sense of purpose to his own life. Those in need of someone to talk with will never find a kinder, friendlier ear than Gary's.

I BEGAN ATTENDING UNITY IN 1998 when a friend of mine suggested that I give it a try. I was brought up in the Catholic tradition but at the time I was increasingly conflicted about many of the concepts and dogma of the church. Many things no longer made sense to me, so I decided to leave. I did it without anger and in coming to Unity I've had the chance to let go of what no longer worked for me.

Today I see Unity as a logical extension and outgrowth of my Catholicism. I like the inclusiveness of the congregation, the emphasis on an inner spirituality, and the lack of dogma. Here I've been able to question and define my spirituality, and explore my own questions about the nature of God, and what it means to be human. I've been able to discover what is true for me.

Father Paul Smith, the Catholic chaplain at SUNY Albany while I was a graduate student there, was an important role model for me. He was and is involved in a variety of service projects. He is modest and unassuming man, always concerned with the welfare of others. Paul served us, students, through his friendship and guidance, and by being a wonderful listener when someone needed to talk.. He was a surrogate father for me at a time when I was spending an ever-increasing amount of time away from my own family.

Service has taught me to stretch myself. I'm doing things now that I never thought I could or would do. It reminds me of a line from Charley Thweatt's song, "Spirit of Joy":

"Yes, I believe in a spirit of good,

That helps me to walk where I never would."

I find it a terrific challenge to be more than I thought I ever could be.

I've also discovered that when I serve others, I serve myself. I'm the one who benefits from it most of all, particularly since we're all one. I've also learned to perform service because it helps me to make real, the vision I have of how I want to live in this world. So you see, I'm a very *selfish* guy when it comes to serving others.

My path of service has always been determined by doing things that I enjoy. I have been involved with public and private education most of my adult working life. I'm certified as a teacher and guidance counselor, so working with our youth was a natural place for me to begin performing service at Unity. I like working with my hands so I helped painting the music room, tarring the roof, and participating in seasonal clean ups. Since I like to sing and make music, joining the Forth Sunday Singers was a *natural* for me. Similarly, making music with you and Ron Allen as "Misspent Youth" for several years is something I enjoy, so helping to organize the Unity Coffee House and Open-Mike nights fits real well for me. Finally, I have been teaching the Unity new member class as part of the teaching team. It falls in with my interest for teaching and learning more about Unity. I remember when I took Bill Bird's Unity 101 classes and liked them so much I went back and attended Unity 201. I pretty much give service in areas I'm already interested in. I find that I grow and learn as I participate.

Service helps me to let go of my *stinking thinking*, get outside of myself, and stay connected with

others. It helps me to get out of bed on those

Sunday mornings when I just want to pull

the covers over my head and *fade off into*

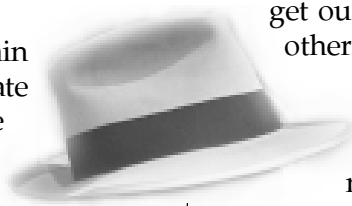
oblivion. Sometimes when I see others in

need, I see myself. There are many situa-

tions - some very tragic - that people endure, which I can relate to. "There but for the grace of God go I!"

One of the nice benefits of maturity is that we discover how common many of our life experiences are. I think, *Hey, I remember what that feels like*.

Service can be as simple as; a friendly greeting, lending an ear to listen, or a kind remark. I know how good that feels when I'm on the receiving end of that.



Unity Church in Albany offers its own Spiritual Retreat

COME JOIN US FOR A TIME OF REFLECTION, alignment with the Divine, and experiential learning.

Has it been awhile since you took the time to connect with the wisdom that lies both within the self and within our commUNITY? If so, a 24-hour spiritual retreat may be just what is needed.

With time for personal reflection, along with some community building and engagement, skilled facilitator and coach, Barbara Wisnom, will take us on a spiritual journey that is meant to nourish and sustain our inner worlds, while bringing us into closer connection as a community—and having some fun, too!

Dates:..... November 21-22

Times: Begins at 5 pm Friday and ends with dinner on Saturday evening.

Location:..... Dominican Retreat & Conference Center in Niskayuna, NY

Registration forms are available in the church lobby.



Treasurer's Report

January - June 2008
(All figures are Year-To-Date)

OPERATING FUND	
Income	\$79,445
Expenses	80,567
Balance	(1,122)
CAPITAL FUND	
Balance	\$2,025

Food Donation Needs

WITH INCREASING PRICES FOR FOOD AND FUEL many families will be turning toward their neighborhood food pantries for assistance.

You can support your neighbors by placing nonperishable goods in the collection basket in our Bradford Street Lobby.

Since food stamps can only be used to purchase food there is always a need for toilet tissue, diapers, feminine hygiene items and cleaning supplies.

Please consider picking up a few extra items to donate on your next trip to the store. And thanks to Sue Herlands (783-0443) for being our new food pantry angel.

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
- _____
- _____

Kitchen:

- Dish soap
- Sponges
- Paper Towels
- Window cleaner
- _____
- _____

Bathroom Items:

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

Laundry:

- Detergent
- Fabric Softener
- Bleach
- Dryer Sheets
- _____
- _____

Other:

- _____
- _____



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ADDRESS SERVICE REQUESTED

Summer Worship Schedule

with one Sunday service at 10:00 AM,
 continues through August 31st
 (Labor Day Sunday.)

Nursery care is available during the summer months.

Fall Worship Schedule

Services at 9 a.m. and 11 a.m.
 begin Sunday, September 7th

Our Mission Statement:

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

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!*