



The Messenger

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

Looking for the Good



By Rev. Jim Fuller

Summer is a busy time with many people to visit, places to go and things to do. One great way to stay spiritually connected during all this activity is to remember to look for the good (God) in all the people, places and things you encounter. In many cases this will be easy. We of-

ten notice the spark of Spirit in the smile of a friend or in the eyes of a loved one. We can see the creative impulse of God in both nature and beautiful building or cities. If we are attentive we can sense the presence of good in social gatherings, in our time alone, or when working at our home or workplace. God and good are truly present wherever we are.

And sometimes we may encounter a situation where good (God) seems to be absent. Perhaps we see or are involved in an accident of some sort. Can you quietly reflect and find the presence of good there? Good is present in these situations as well. Perhaps your carefully made plans take an unexpected turn or must be canceled outright. Can you sense the good in this? How about in the passing of a friend or relative?

I assure you that good (God) is present in all places at all times regardless of how things may initially appear. I can also assure you that it is possible to feel and experience the presence of good in times of great

joy or difficulty. If a situation is startling or frightening we may need some time to become quiet before we can begin to sense the good. And, if a situation is very exciting or exhilarating we may also need time before we can appreciate the depth of the good that is present.

This summer I invite you to make a conscious effort to look for and to sense the good (God) that is present in all your activities and interactions. As you consciously direct your attention toward seeking good in all the people, situations and things in your life; more good will “magically” show up for you to notice. (That’s how good works.) This happens because good is really is present everywhere and at all times. Become a seeker for good. Make looking for good a part of your mental life all summer and your whole life will be blessed and prospered.

May your summer be filled with wonderful discoveries of good every day and every where.

“The light of the body is the eye: if therefore your eye is single (focused on good), your whole body shall be full of light.” (Matthew 6:22)

Stay Strong by Showing Up!

I am now in my seventh year of service as minister here in Albany. I really love our church, our community, and each of you. I also know that if I am to continue to serve well I need to care for my spiritual needs. As your minister, this means taking the remainder of my sabbatical leave this summer. I have intentionally broken up my sabbatical leave over several summers so as not to be away from the church for too long at any one time. I will be away for most of June and a good portion of August. I have intentionally scheduled some of my favorite ministers and

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President's Corner

By John Frederick

HERE AT UNITY CHURCH, we are truly living our mission to awaken and embrace the Christ in all persons through prayer and service. My evidence? I just need to look around on a Sunday morning. Reverend Jim is doing 6 things at once, while staying centered to offer a prayerful and inspired message. In the choir room, the 4th Sunday Singers are practicing to sing and uplift us with their voices of praise and joy. In the library, volunteers are helping people with purchases, tapes of past services and our lending library. In the childrens' classroom, the teacher is busy preparing the lesson and getting materials ready for the children to learn Unity principles. Downstairs, more volunteers are making coffee and setting up goodies and snacks for us to enjoy after the service. In the back classroom, Reverend Phil has a group of students listening as he explains the origins of the Bible and the connection those ancient teachings have to our world today.

Yes, our consciousness is being raised in these and literally dozens of other small ways. The garden is being tended, the offering is being counted, ushers are helping make newcomers feel welcomed, the sound and light system projects each week's announcements and songs on the wall, prayer chaplains are offering words of hope and encouragement to those who ask.....and on and on and on.

And of course, Roger Mock is getting us into the Spirit of Life, getting up on our feet with his wonderful musical message.

You are a vital part of Unity Church in Albany. Just by showing up, you are helping to awaken and embrace the Christ in others. Through your prayers and your service. Thank you. If Spirit calls you to do something, LISTEN! You have a job to do. You have service to do, with LOVE and with GRATITUDE.

THANK YOU!

Unity Newsletter

Articles for the August/September edition of the newsletter can be submitted to Denise Klein at katzr3@nycap.rr.com by Sunday, July 19th. Your news articles, spiritual thoughts, poetry, photos, humor or suggestions are always welcomed.



Summer Reading I & II

Part I – Unity Book Club Summer Selection

OUR SUMMER BOOK CLUB READING is - *Dynamics for Living: A Topical Compilation of Essential Fillmore Teachings*; selected and arranged by Rev. Warren Meyer (c.1966).

Dynamics for Living is a collection of short excerpts from the many writings of Charles Fillmore. This is an easy way to get to know Charles Fillmore and his view of metaphysics. It's also a great summer book, perfect for reading a few pages and then coming back later. The book is also interesting because Warren Meyer knew Charles Fillmore well. Meyer, a Unity Minister, was also responsible for compiling Unity's two books on Myrtle Fillmore, *Healing Letters and How To Let God Help You*. Rev. Jim will lead a discussion on this book in late August.

Part II – some of Rev. Jim's favorite books

- *Kitchen Table Wisdom* (good for the heart) – by Rachel Remen
- *My Grandfather's Blessing* (another heart book) – by Rachael Remen
- *Wheel of Life* (a spiritual autobiography) – by Elizabeth Kubler Ross
- *Expecting Adam* (a very unusual memoir) – by Martha Beck
- *Poems of Hafiz* (mystical poetry) – edited by Daniel Landinski
- *Love Poems from God* (mystical writers & saints) - edited by Daniel Landinski
- *How Then Shall We Live* (short writings) Wayne Muller (author of *Sabbath*)
- *Life After Life* (stories of Near Death Experiences) – Raymond Moody
- *Everyday Grace* (short writings) – by Marianne Williamson (author of *A Return To Love*)



Unity Church Cares

ARE YOU INTERESTED in supporting and nurturing our church commUNITY?

Searching for a way to rejoice with one another, or provide assistance when needed?

“Unity Church Cares” is a new ministry just for you!

Consider how you may help your church family in times of need, by providing a card, a phone call, or a ride to church. Also let us know when congratulations are in order, so we may share in your joys and accomplishments as well.

If you are interested in providing assistance for this committee, sign up sheets will be available in the church lobby. Please indicate in what way you are willing to help.

Spread the word and reach out to one another. Requests for assistance may be received by request cards, emailing unitychurchcares@yahoo.com, phone calls to the church, or in person to a committee leader.

The more helpers we have, the more help we may provide for one another.

UNITY CHURCH CARES!

New Church Directory

NEW CHURCH DIRECTORIES are now available! Have you ever wondered the name of that wonderful person that greeted you with a warm smile and hug? You can now find out more about them in the church directory.

If you were unable to participate in this edition, there will be opportunities in the future. Our apologies for any editing errors. Thank you all for participating!

“We make a living by what we get, we make a life by what we give.”

Sir Winston Churchill (1874 - 1965)

IN THIS TIME OF ECONOMIC STRESS, 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.

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:

- _____
- _____

CALENDAR

Upcoming events

Wednesday, June 3, 7 PM at the Unitarian Church on Washington Ave. in Albany. Join us for this Interfaith Service (Advocates for Welcoming Congregants).

Sunday, June 14, 11-6 PM. Capital Pride Festival and Parade in Washington Park, Albany. Parade starts at noon; Unity Church needs volunteers at our booth—thank you in advance!

Saturday, July 11, 9:30-12:30, at the church. Training for interested volunteers on the sound system and power point presentations. It's really not as difficult as it looks, trust me!

Saturday, August 1, 12-7 PM. African American Family Day at the Empire State Plaza—we need volunteers to help at our informational table—thank you!

Please see Diane T. for additional information regarding these upcoming events!

Great Guest Speakers

Jon Mundy, June 7th



10:00 AM – Morning Message & Meditation

12:00 PM - Miracle Mindedness: And The Power Of Positive Addictions (\$20/25)

Jon Mundy, Ph.D. is an author, lecturer, minister, and as “Dr. Baba Jon Mundane” a stand-up philosopher/comedian. He was cofounder in 1981 of the New Seminary for the training of Interfaith Ministers and in 1989 the cofounder of Interfaith Fellowship. He has authored eight books including “What is Mysticism?” “Missouri Mystic,” and “Awaken to Your Own Call: A Comprehensive Introduction to A Course in Miracles. He met Dr. Helen Schucman (the scribe for A Course in Miracles) and Dr. William Thetford in 1973. They, along with Dr. Ken Wapnick, introduced

Jon to A Course in Miracles in April 1975. Helen served as Jon’s counselor and guide until she became ill in 1980. Jon currently serves the Unitarian Universalist Church in Middletown, NY, as their permanent part-time pastor.

Jackie Hawkins, June 14th

10:00 AM – Message and Meditation

Jackie Hawkins is a long time member of Unity Church. After serving at high levels of state govern-



ment, and high levels of church leadership (Jackie was our past board president) Jackie is now preparing to move into the next phase of her life, ministry. During the past two years Jackie has repeatedly traveled to Unity Village to attend classes. This spring she graduated from Unity’s Personal Development

Program. In September Jackie will relocate to Unity Village and begin her ministry studies at the Unity Institute. Those who have heard her speak in the past know that Jackie is a powerful and passionate presenter.

Victoria Moran, June 21st

10:00 AM - “Victoria’s Victorious Bailout Plan”

12:00 AM - Custom-Crafting a Spiritual Life (\$20)



Having some kind of spiritual practice is a vital part of self-care, but conflicting ideas and beliefs can make it difficult to craft a spiritual life that works for you and grows with you. In this class, the Oprah-featured author of Living a

Charmed Life, Victoria Moran, will help you establish an inner life that will help you feel happier, manifest abundance, attract the right people and circumstances, and see your dreams take shape.

In this workshop, participants will learn:

- The spiritual basics that show up in every culture and tradition

- How 10 minutes in the morning can change your life
- Ways to both nurture your body and support your spirit
- A technique to engage your soul as you walk around town
- The reason why spiritual people are so annoyingly happy and how you can be one of them
- The 10 Power Principles of the Spiritual Life.

Each participant will receive Victoria Moran's "Bibliography of the Spiritual Life" – a list of books, some thirty years in the making, to enrich and intensify your inner growth and development.

Armand and Angelina, June 28th

10:00 AM – "An Attitude of Gratitude"

12:15 PM - Native Flute Playshop (\$20)



Armand - an ordained musical minister, singer/songwriter/pianist/Native American flautist and Angelina - a classically trained vocalist/classical guitarist travel across the country sharing their World Popera Music. You are sure to see Armand in mismatched shoes and a variety of Fun-omenal hats, which are symbols of His lighthearted approach to

Spirit based on love and joy, rather than fear and dogma. He is a master at presenting the humorous side of life, and also writes thought-provoking material about his spiritual journey on this planet. Angelina's angelic voice will penetrate your heart with its enchanting beauty, as she sings and chants her spirit-affirming melodies. Armand and Angelina have performed with speakers, such as Marianne Williamson, Neale Donald Walsh, Alan Cohen, Gerald Jampolsky, and Dan Millman.

Cary Bayer, July 26th

10:00 Worship Service

12:00 How to Stay Inspired during Economic Downturns: Learning the Motivation Aerobics (\$20)



Cary Bayer is a life coach specializing in helping people create breakthroughs in their finances, careers, relationships, and sense of purpose. His core philosophy is, "There's nothing wrong with you that needs fixing, but something great in you that needs awakening." And when that something great wakes up, life becomes more than just doing what

we have to do each day, but a passionate, joyful experience we can't wait to wake up to each morning.

"How to Stay Inspired during Economic Downturns: Learning the Motivation Aerobics"

When most everyone around you in a slowed-down economy is either scared or depressed, it's more challenging – and more important – than ever to stay inspired. But often that can be easier said than done. Unless, of course, you have an inner program to practice that keeps you motivated and focused. That's exactly what you'll learn in this valuable workshop to clarify your goals, keep you on track to realize those goals, and to not only not be dragged down by others, but to awaken your inner lighthouse to inspire not just yourself but everyone around you.

Elaine Silver, August 16th & 17th

In Concert – Saturday August 16th 7:00 PM

Worship in Song – Sunday, August 17th, 10:00 AM



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 banjo, and has performed in concert for hundreds of thousands at colleges, festivals, churches, events throughout

North America and Europe. She has appeared in concert with Arlo Guthrie, Doc Watson, Tom Paxton, Suzanne Vega, Jorma Kaukonen, Tom Chapin and many more of the folk world's brightest stars. She often teams up with bestselling author Alan Cohen as musical accompanist for his workshops and events. She has also worked with Deepak Chopra, Wayne Dyer, don Miguel Ruiz, Marianne Williamson, Barbara G. Walker and Neale Donald Walsch.

Unity Coffee House

(an Open Mic Night)

**Saturday, August 1st from
7:30 to 10:00 PM**

Admission is Free –

Love Offerings are appreciated

**For questions about performing, please
speak with Gary Allocco
or John Daubney.**

Spotlight on Service

By John Daubney

Bill Hewson

Almost from the time of his arrival at Unity, Bill has given service in activities that have given him a deep sense of belonging to the church community and the satisfaction of helping individuals and the church itself. As well, his involvements have been in activities he enjoys and are practical to his abilities and time restraints. No job has been too small or as his acceptance and election to the Board of Trustees proves, too big for him. He is one of a steadily growing group of volunteers who are providing a loving energy that positively affects our entire church community. Without the steady core of dedicated individuals such as Bill and many others our church would not be able to survive and prosper as it has.

"I DISCOVERED UNITY in the summer of 2003 seemingly by accident, although I now wonder if there really is such a thing as an "accident." I stumbled across some information on the internet about Unity and I was amazed that the Unity philosophy was so similar to my own. I was intrigued at the emphasis on meditative prayer so I decided to check it out.

On that first Sunday, I met a tall friendly minister and many others (who seemed addicted to hugging). Everyone I met acted as if they'd known me all their lives. It did indeed feel like coming home and I decided learn more. One of the things that I was to learn was the Unity philosophy about service.

Regarding service — years ago I recall being amazed at the lifelong service given by Dr. Schweitzer and so many others to those who could offer nothing in return. Once I became connected to Unity I found that service to others, usually on a less grand scale, is central to our church. It was here that I came to realize that we can't individually do everything but we can all do something.

I've been very inspired by seeing Dennis Ryan and Rev. Phil's giving of themselves whenever and wherever help is needed. Their dedication still impresses me. There are many others in Unity who've made huge personal sacrifices for no apparent reason other than to help others. These people really "walk the walk" and I'm proud to belong to an organization with such caring people.

One thing I've learned is that even small amounts of giving, in the form of time and effort, pay big dividends in terms of self satisfaction. It seems that the law of prosperity also applies to time and talent as well as treasure. As Dennis likes to say, "...God is the source of my good."

For me personally, my first foray into volunteering was to help to prepare "The Messenger" for mailing. This is always a fun job with lots of banter and sometimes some interesting serious conversation. I have also had the opportunity to help with our after-service hospitality. This always provided instant gratification from our appreciative members.

Not all ministering at Unity involves visible efforts. I feel privileged to belong to our church's prayer group and, along with Dennis Ryan, I monitor our prayer request phone line and prayer website. I also work with Donna Britton and others to record each day's "Daily Word" on our Albany Unity phone service line. Probably the activity I enjoy most is being a Prayer Chaplain. This has enabled me to become friends with members who were only acquaintances up to the time we prayed together. Being a chaplain helps me remember the longstanding principle that Unity should be a "Practical Christianity" which teaches that we can resolve any challenge through prayer.

I generally look for things to get involved in which I feel will be interesting and that are practical for me to take on. I was recently approached to run for our board and I accepted — although I thought that maybe I wasn't the best candidate for the job because there are many other experienced and talented members in our church. Now, as a newly elected trustee, I have agreed to be our "Building Manager" which will be a new experience for me and I'm sure educational as well. I never realized how much is involved in the day-to-day operations of a church until I got a glimpse of it while volunteering.

I believe that the satisfaction of being able to contribute something to Unity far outweighs any inconvenience involved. I also think that any organization's vitality is directly proportionate to the involvement of its membership. A congregation that is united in service promotes growth of the church on all levels and I'm fortunate to be in the company of many who share their talents and time. Everyone is always willing to help new volunteers and gladly share their knowledge and experience. Let's keep our Church moving forward, after all, God doesn't need a church; it's here to minister to our needs.

Stay Strong by Showing Up! (continued)

speakers to fill in while I am away. I promise that you will be delighted and inspired by what you hear and experience from each one.

What I ask of you is to show up and bring your wonderful spirit to our services and gatherings while I am away. We all know how great it feels to be together on Sunday mornings. And as I often remind you, you are a big part of that experience. As we gather together in spiritual community something powerful happens that doesn't happen when we read or pray alone. When others who are searching for spiritual community visit our church it is that collective spiritual energy that they feel. Your presence and your energy is an important part of what gives our church its unique and special feeling. I encourage you to be present whenever you are in town this summer. It will bless you and you will in turn bless and support others on their spiritual journey. I look forward to being with you during the most of July and to returning refreshed and renewed in late August.

Church in the Park



JOIN REVEREND JIM for "Church In The Park" at John Boyd Thatcher Park on Sunday, July 19th

Two services - at 9:30 and 11:00 AM

Picnic Lunch at Noon (covered dish)

We have a NEW SHELTER location with an AMAZING VIEW! Look for the Unity Church banner right before you come to the Overlook Parking Area.

Things to bring:

- A covered dish to share. (We provide tableware and beverages.)
- Food to grill (We will have grills ready for you.)
- Lawn chairs or blankets (There are plenty of picnic tables.)
- A drum if you have one for the 9:30 service.
- Friends, smiles, suntan lotion, Frisbees, games,

How To Plant Your Garden



First, you come to the garden alone, while the dew is still on the roses....

FOR THE GARDEN OF YOUR DAILY LIVING,
PLANT THREE ROWS OF PEAS:

1. Peace of mind
2. Peace of heart
3. Peace of soul

PLANT FOUR ROWS OF SQUASH:

1. Squash gossip
2. Squash indifference
3. Squash grumbling
4. Squash selfishness

PLANT FOUR ROWS OF LETTUCE:

1. Lettuce be faithful
2. Lettuce be kind
3. Lettuce be patient
4. Lettuce really love one another

NO GARDEN IS WITHOUT TURNIPS:

1. Turnip for meetings
2. Turnip for service
3. Turnip to help one another

TO CONCLUDE OUR GARDEN, WE MUST HAVE
THYME:

1. Thyme for each other
2. Thyme for family
3. Thyme for friends

Water freely with patience and cultivate with love. There is much fruit in your garden because you reap what you sow.



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ADDRESS SERVICE REQUESTED


Summer Worship Schedule

One Sunday Service at 10:00 AM
(Memorial Day through Labor Day)

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

Board of Trustees

President. ... John Frederick ('10) 486-5689
Vice Pres. ... Heather Diddel ('11) 475-9604
Treasurer Pamela Coles ('11) 937-4257
Secretary Bonnie Kriss ('10) 373-2135
Trustee Bill Hewston ('12) 686-7990
Trustee Diane Teutschman ('12) 280-4311



*Finding your
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!*