

The Messenger



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

Unity World Day of Prayer



By Rev. Jim Fuller

EACH YEAR on the second Thursday in September Unity celebrates a World Day of Prayer. This practice began about 15 years ago when a group of ministry students at Unity Village felt a call to hold our world in prayer, Unity style. They knew that there already were other "days of prayer";

however, most these tended to focus on praising or petitioning a distant god who might or might not reply. These Unity students, now Unity ministers, wanted to offer a positive alternative. That was the beginning of Unity World Day of Prayer.

This year's World Day of Prayer affirmation is: "Reach in. Reach out. We can change the world." It reflects Unity's commitment to balance our inner work with our presence in the world. We begin by reaching in and making a connection with the indwelling Spirit of God. By first reaching in we invite Divine Intelligence and Spiritual Inspiration to guide us in our actions. Thoreau once wrote, "If I knew for a certainty that a man was coming to my house with the conscious design of doing me good, I would run for my life." Our human ideas about doing good, even with the best of intentions, are often quite misguided. Some may even prove to be very harmful. By first looking in-

ward for peace, inspiration, and compassion we prepare ourselves to reach out in cooperation with God, rather than with our own human agendas.

Reaching out is an important and often overlooked part of our spiritual life. We all want to feel that we belong, to feel connected and loved. As we learn to reach out to one another in ways that are affirming and spiritually supportive everyone benefits. To paraphrase Jesus we learn that, what we do for the Christ in our brothers or sisters (even the least), we also do for the Christ in ourselves. For many of us reaching out begins among our friends; those with whom we feel closeness or safety. Our church community is a great place to practice reaching out in a safe and supportive atmosphere. As our ability to reach out with genuine caring and commitment increases we grow spiritually.

Amazing things happen when we practice reaching in to center and then reaching out to connect with and support those around us. We begin to feel different inside. We begin to feel more connected, more appreciated and more worthy to both give and receive. The final part of this year's affirmation is, "We can change the world." In Unity we realize that in order for our world to change, we must change first. The world we experience is a reflection of our individual and collective minds. As our minds change, as we learn to reach

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How to Meditate — with Rev. Jim Fuller

**Wednesdays 6:30 – 7:30 PM - August 26 and
September 2 & 9**

**Repeated on Sundays: August 30 (noon),
September 6 (noon) and September 13 (1 PM)**

LEARN THREE POWERFUL MEDITATION TECHNIQUES: Unity's five-step prayer/meditation, breath meditation, and energetic centering. Each class will include an introduction to one technique, meditation practice, and follow-up discussion. These classes are ideal for beginners or those wanting to deepen their meditation practice. Classes will replace our regular Wednesday evening meditation for the three week period. They are presented on a love-offering basis and are open to the community.

Unity Church Cares

THANK YOU to everyone that has signed up to volunteer for our new UnityChurchCares ministry. This information is located in the Bradford Street Lobby. As our list of helpers expands, so will our capacity to help others in need.

Have you noticed our new, pink mailbox mounted on the wall? This is for our "heartfelt" request cards that may be filled out and placed in confidence in our mailbox. A committee member will check the mailbox regularly, and help link volunteers to those in need of a card, a phone call, or a visit. Email requests may be entered into our account at unitychurchcares@yahoo.com. As of September 1, we will be set up to receive phone requests as well.

Let us support one another in our times of need as well as times of celebration. Spread the word, consider volunteering in some capacity, and always let us know how we can help you. Our church commUNITY cares!

Unity Newsletter

Articles for the October/November edition of the newsletter can be submitted to Denise Klein at katzr3@nycap.rr.com by Sunday, September 20th. Your news articles, spiritual thoughts, poetry, photos, humor or suggestions are always welcomed.

“Living Intentionally From Innocence”

**Unity Church Fall Retreat, October 9-10
(Dinner Friday through Dinner Saturday)**

ONE OF THE MOST extra-ordinary experiences in life is the offering and accepting of forgiveness. Forgiveness is a restorative process of reclaiming our innocence. In the intimate loving interchange of forgiveness, the voice of condemnation is silenced and shame loses its power to keep us prisoner in the fortress of our own guilt. We are set free to love and be loved once again.

The universe celebrates every wayfarer who has returned from the self imposed exile of judgment. As forgiven beings, we become participants in that celebration. The more we celebrate, the more joyful we become.

Through information sharing, music, meditation and laughter, the story of living a life of innocence unfolds effortlessly. Retreat participants will return home refreshed and empowered with practical ways to enhance the joy in life.

JOHN CHUPKA, a practicing psychotherapist and spiritual mentor, will lead our retreat. John is the director of The Forgiveness Center, a spiritually based practice of psychotherapy and transpersonal education.



John Chupka

To learn more about John visit his Web site at www.forgivenesscenter.org. You may also wish to visit the web site inspiremetoday.com where John is listed as an illuminary speaker. Click on the archives for his name and listen to what he has to say about living a happy life.

Location:

**The Dominican Retreat Center in
Schenectady, NY**

**Registration fee of \$165 includes four
meals, private room, and retreat activities.**

Unity World Day of Prayer Continued —

in and to reach out, and to do so in love our individual and collective experience of the world changes. We can change the world. We already are active participants in the process of both creation and change.

On Thursday, September 10th Unity Village will hold its daily prayer service in the Silent Unity Chapel at 11:00 AM. "Reach in. Reach out. We can change the world." will be the affirmation for the day. Later at 11:30, the current ministry students will lead a prayer ceremony in the central plaza area at the village. I had the opportunity to participate in two World Day of Prayer celebrations while I was in ministry school. They are sacred and powerful events.

This year we will have two opportunities to participate in World Day of Prayer here in Albany. From 12:15 to 12:45 PM we will hold a mid-day prayer service in our sanctuary. This will coincide with the actual time of the ceremonies at Unity Village. We will hold a second prayer time from 6:00 to 6:30 PM for those who want to participate in World Day of Prayer on their way home from work. Both services will include singing, affirmative prayer, and silent meditation. We invite you to join us for either service, or for both.

*"Reach in. Reach out. We can change the world."
Amen*

\$MALL BUSINESS FAIR



DO YOU HAVE A SMALL BUSINESS that you would like to promote within our church community? Unity in Albany will offer a table for those who would like to share information about their small business.

Do you have interest in assisting with the coordination of a small business fair? Please contact Bonnie Kriss with your interest and arrangements can be made for a late fall or early winter event. As the liaison for Special Events, Bonnie may be reached at 518-373-2135 or at tedandbonkriss@hotmail.com.

Food Pantry Update



AS ALWAYS, your donations to the food pantry are much needed and appreciated. If you are looking for another way to help our local pantry, volunteers are always welcome to pick up food from local restaurants, help with unloading the trucks at the pantry, or volunteering at the thrift shop.

If you have time during the week, and feel the desire to help our food pantry in another capacity, please contact Diane T. at 280-4311 for more details.

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:

- _____
- _____

Calendar

African American Family Day

Saturday, August 1, 12-7 PM.

AT AFRICAN AMERICAN FAMILY DAY at the Empire State Plaza, we need volunteers to help at our informational table. Thank you!

Please see Diane Teutschman for additional information regarding this upcoming events!

Elaine Silver – In Concert

Saturday, August 15th at 7:30 PM

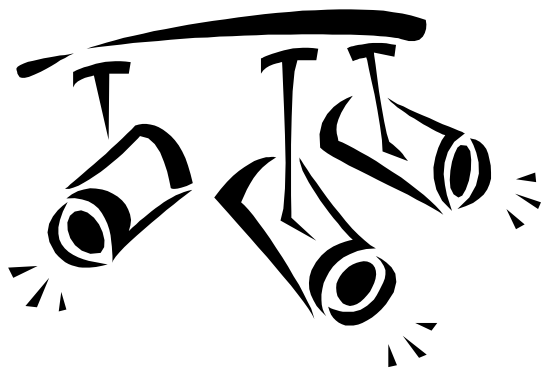
HEAR ALL YOUR FAVORITE Elaine Silver songs, plus tunes from her new CD "Blissfully Abundant."



Elaine has a voice you'll never forget. It is described as stunningly clear, rich and supple. She sings a cappella and accom-

panies herself on various instruments. Elaine performs throughout the US at colleges, festivals, churches, clubs and other venues. Don't miss this opportunity to enjoy an evening of beautiful, joyful and inspiring music.

Admission \$15 (more if you can, less if you can't)



Unity Coffeehouse

Saturday, August 1st at 7:30 PM

(an Open Mic Night)

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

Admission is Free –

Love Offerings are appreciated

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

Save the Date!

A Joyful Send-Off for Jackie Hawkins

Saturday, August 22, 2PM

PLEASE JOIN us as we wish Jackie well on her journey to the Ministry and Religious Studies Program at the Unity Institute in early September. Soon we will have the privilege of meeting Reverend Jackie Hawkins!

Hostess is Diane Teutschman, 5942 Curry Road Ext. Guilderland. Phone: 280-431.



Unity Book Club updates

Sunday, August 23 at 12:00 noon

REVEREND JIM will lead a lunchtime discussion on *“Dynamics for Living: A Topical Compilation of Essential Fillmore Teaching.”* Copies are available in the bookstore. The Book Club reading for September & October will be *“Opening to Meditation”* by Diana Lang. Discussion on this book will take place on October 25th.

Family Movie Night “Harry Potter and the Sorcerer’s Stone”



Friday, August 28th at 7:00 PM

In this early Harry Potter film we are introduced to Harry as a young boy who has been raised to believe he is quite ordinary. When he is introduced to his true identity, a wizard, he must learn to use his new found power positively and constructively. This is a delightful film for children and adults. It is being shown to promote our new youth education group for middle schoolers, the Uniteens. The film is rated PG. It is free and open to the public.

Unity World Day of Prayer

Thursday, September 10th



Mid-day Prayer and Meditation 12:15 – 12:45

This mid-day service coincides with World Day of Prayer celebration at Unity Village, MO

Evening Prayer and Meditation 6:00 - 6:30 PM

Affirmation: “Reach in. Reach out. We can change the world.”

“How To Find and Live Your Purpose” a workshop with Cary Bayer



Sunday, Oct 4 at 1:15 PM

IN THIS WORKSHOP, How to Find & Live your Purpose, coach and author Cary Bayer helps you gain a clear sense of the reason you are here and the important role you have to play in life. It will teach you of your two-fold purpose: your spiritual (or inner) work, as well as your material (or outer) work.

It will also help you discover a service that you can provide for others that grows organically out of your heart and soul. This activity is deeply enjoyable for you, and brings your God-given talents into the world. This work can also bring a revenue stream into your life (perhaps part-time for now) that can augment your current income stream and perhaps, in time, become a mighty river to replace it.

“The Practice of Thriving”

Wednesday evenings at 7:15 PM - October 7 through November 11

THE ASSOCIATION OF UNITY CHURCHES has just released a new six-week program based on Eric Butterworth’s book, *Spiritual Economics*. They requested that we give it a try, and so we will.

For those in our Book Club who read *Spiritual Economics* and asked for more on it, here is the Universe’s answer to your request. For those who haven’t read it yet, here is your opportunity to not just read the book, but to look at how you can put it into practice in your life.

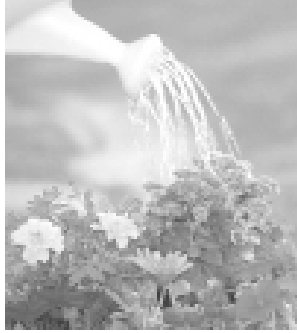
Eric Butterworth was a protégé of Charles and Myrtle Fillmore. He remains one of Unity’s bestselling authors of all time. He has a clear and insightful way of helping us get into the universal flow of life, truth and joy.

This class will be facilitated by Rev. Jim.

Spotlight on Service

By John Daubney

Donna Britton



Donna has been a driving force behind the creation and maintenance of our beautiful meditation garden. Along with other dedicated church members, her service has provided us a little haven; a place of respite where we can experience a few minutes of peace and also have a chance

to appreciate the natural beauty of God's handiwork. Her willingness to be of service to others, her great sense of humor, and her dedication and love for our church have made Donna an important part of our church community and an outstanding example for giving service.

"WHEN JOHN DAUBNEY asked if I would be willing to let the spotlight shine on me in the next newsletter, my immediate reaction in private to myself was "It's about time!" I was ready and very willing to share my experience of service with as many as would listen. So let's start at the beginning.

"I first came to Unity as a single Mom, raising her beautiful daughter Jennifer. She and I originally attended the Unity Church in Syracuse, where I was a member and served as the church secretary for a time. While I was taking classes at Unity Village, we attended Hypatia Hasbrouck's church. Later, my husband John and I were married by a Unity Minister and we attended the Unity Church in Gainesville.

"I have personally been involved in Unity Church in Albany since 1997. I found myself attracted to the particular spark of the people there and it was clear to me that I wanted more of what they seemed to have. My husband became a trustee on the Board when the original church was still on Madison Avenue and continued on the Board after the move to King Street. Together we participated in six months of Prayer Chaplaincy classes and we both became Prayer Chaplains.

"As the years disappeared, Unity proved to be a place where a person could stretch her wings, grow in stature, and expand in consciousness, while at the same time helping another to do the same at their own pace. I found myself for many years drawn to our church bookstore, where I helped to make the tapes for the Sunday services. And there was always a way to help out with hospitality, either by bringing freshly made goodies to be shared by all, or by being part of the clean up crew. I was not, however, the one to make the coffee.

"For the past few years, I have coordinated the Daily Word readers, who call the church each day and read the Daily Word into the phone line so that anyone can access this uplifting word at any time. Simply call the church number and press ext. 15 to listen to the Daily Word. Funny, but often when I serve as one of the readers, I find the Daily Word that day is a perfect fit for my own particular concerns that day.

Then there's the garden! The meditation garden! I can barely remember the time when I was not a part of the garden committee. "Inch by inch, row by row," that is how the garden grows. And that is also how our service grows. First you test the water by putting your big toe in, then if that is still intact, you offer your whole foot! Before you know it, you are wading up to your knees in service activities and you can barely remember how it all began! It is a process and it begins, like all others, with a single step, which begins with a single desire to serve.

"I would encourage each of you who are now reading these words to consider service. Consider first what you feel comfortable doing and where you think you would best fit in. Then take a chance! Stick your big toe into the water! The water is cool, inviting, and cleansing. There is really nothing like that spirit of camaraderie that can only be found as two or more work together with a singleness of focus. "Where two or more of you are gathered in my name, there am I in the midst of you." (Matthew 18:20) Work becomes play and play becomes ours, as we seek to be of service to others, just as Jesus continues to offers Himself in service to us."

A Direct Approach to Right Answers

By May Rowland

IN MEETING EVERYDAY CIRCUMSTANCES, we are always searching for right answers. At some time, almost every one of us thinks: What shall I do about this? What is the right answer?

If we can train our minds to be open and receptive to the light of God that is within each of us, we will receive direct and inspiring ideas. We will know what to do and how to do it.

The light of God within has been with you always, and it can help you learn to think clearly, understand the situations before you, and take whatever action is appropriate. Never let your mind get into a rut or into a groove. Know that your mind is open, receptive, and flexible. You can courageously meet any circumstance or condition with an open mind and heart.

I remember when I had to learn some new things in preparation for an examination. I used the idea that the light of God was with me through every experience, no matter how difficult. As I used this idea, I was able to think clearly, comprehend the subject, and remember what I had to learn. Needless to say, I passed the examination.

The light of God within helps you stay alert so that you can understand new or unexpected things quickly. Keep your mind always aware; never let it become sluggish.

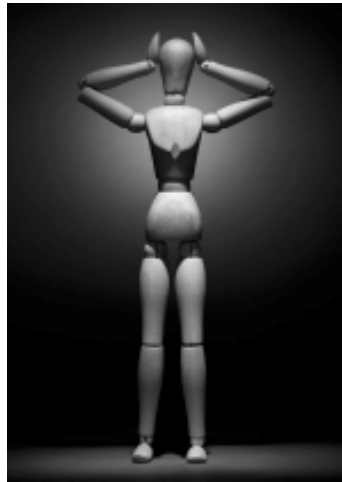
As you turn to the light of God within you, you will be freed from anxiety about the outcome of any situation. Whatever you have to do, you will understand what is required of you, and you will be able to follow

through with ease and with perfect timing.

The light of God within you is always shining. Train yourself to rely on this great source of inspiration within you. It is always present to show you the way.

Let your mind be open and free and joyous as you remember your unity with the great source of knowledge within you.

Times change, circumstances and conditions change, and you change. You can constantly expand and grow and unfold if you will keep yourself receptive to new and inspiring ideas.



You may have heard others say, “Well, my mind is made up, and I won’t change it.” They become set, rigid, and critical. Those who are not willing to change and grow seem to have a hard time.

The world is full of people, young and old, who are finding new ways to enjoy the good things in life by relying on their inner resources to guide them. Whether they realize it or not, they are relying on the light of God within them because God has filled them “with ability, intel-

ligence, and knowledge in every kind of craft” (Ex. 31:3).

Think of yourself as filled with the light of God, and remember that you have it within you. This gives you a direct approach to right answers, no matter what the need or situation.

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ADDRESS SERVICE REQUESTED

WORSHIP SCHEDULE CHANGE

One Sunday Service at 10:00 AM through Labor Day.

Fall Worship Schedule begins September 13th with services at 9:00 & 11:00 AM

Board of Trustees

President. ...	John Frederick ('10)	486-5689
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Trustee	Bill Hewson ('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!*