



The Messenger

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

Balancing Your Life



By Rev. Jim Fuller

WE ALL EXPERIENCE OURSELVES in two seemingly different yet not disconnected ways. First and foremost we experience ourselves as human beings with physical bodies. As people we appear to be different and separate from one another. Each person seems to come with unique mental and physical abilities and limitations.

Along with our physical experience of self we also have experiences of a spiritual self. We may have moments of intuition or feel an unexplainable connection with another. We may sense an inner self or feel a connection with a Creator Presence. But for many people the physical self so dominates their thoughts and lives that the spiritual self is relegated to a hope for something to be understood in some far future time. This is often true even among "religious" people.

The physical self does demand our attention, time and energy to meet the needs of body, family and community.

Where will I work? How can I stay safe? How will I feed and clothe myself or my family? Who will care for me when I am sick or old? The human mind is constantly asking this and then attempting to answer its own fearful questions. It rarely provides satisfactory answers or solutions. Yet, we typically invest most of our time, money and energy toward caring for our physical self based on the solutions of the human mind. If this sounds like an exaggeration I in-

vite you to look at your own daily calendar, credit card statement and check book. Where have you been "investing" your time and money, your personal energy? If you are like most people almost all of it goes toward physical needs and comforts. Caring for the spiritual self receives very little of our time, money or energy.

Unity (and many other spiritual organizations) reminds us that our primary nature is spiritual and that our physical experience is only a small part of a much larger life that we share together over vast spans of time. We are reminded that what we experience as our physical self actually arises from the greater spiritual self, and still most people expend most of their time, money and energy on the physical. I believe this

is a culturally engrained pattern, and one that needs to be changed. Does it make sense to attend to one small part of your being and ignore the greater part?

When we, who are spiritual beings, live our lives as if we were physical beings we become unbalanced and our lives don't work very well. We struggle with vocation and sense of purpose. Often we don't feel safe, even among our neighbors.

We may feel a sense of isolation or experience ongoing conflicts with loved ones. We struggle with finances and feel fear and frustration as we attempt to create a secure tomorrow. Clearly most of us need to sit down and take an honest look at where we are putting our time and resources, and we need to do it before we move deeper into crisis.





The President's Corner

By Heather Diddell

"WELCOME HOME." I love reading those words on the back of this newsletter every month. I'm not certain, though, that I always felt

so warmly about that phrase. In fact, I vaguely remember having a very different reaction the first time I read those words in the newsletter long, long ago. I am a native New York City kid, and those words seemed awfully....well, FRIENDLY. Who were these people who thought this was "HOME"? And how could they welcome me home? They didn't even "know" me. The words felt somewhat artificial though very cheerful.

I've come a long way since then, and I now experience those words as heartwarming and true.

Unity Church at Albany has become "home" to me. It has become the spiritual home I'd never had and never knew was possible. Heck, I never even knew I wanted a "spiritual home". Growing up, I thought of church as the place you go when you had "Sunday Obligations." (Not very homey, is it?)

There are many reasons that this church, and our richly

diverse church community, are home for me, and I wonder whether my experience resonates with yours.

For starters, the teachings of Unity feel honest and true, enlivening and life-affirming. For me, this is a place where my heart, mind and spirit have been fed. I have felt free to let go of certain childhood religious teachings, and free to be curious and grow in new directions, to question and to quest, to seek and walk a pathway to Spirit that feels true. I have grown to cherish the heart-to-heart connection that is always available in this community, when I choose to see it, and I love the weave of humanity, spirituality and perspectives that is Unity Church at Albany. No matter what shape, size, perspective, background, job, religion, gender, or age we may be, we all have a place here. And as we grow and change -- as we will of course do as our spiritual consciousness grows -- we will all still have a place to call home. I am not the same person today that I was years ago when I first came to Unity, and this church has never felt more like home to me than now.

I am curious what your experience is of Unity Church at Albany. Have you found a home here, too? Are there ways in which you feel we could be more "home" for one another? Can you feel the celebration of spirit that underlies our gatherings, no matter what else may be going on in our lives? Or are you hungry for something different? I am looking forward to hearing what "Welcome home" means to you these days.

Coffee House and Open Mic Night at Unity

August, 28, 2010 @ 7:00PM – 9:45 PM

9, this is an opportunity for you to come together with other members of the Unity Family and share your talents and love in an atmosphere of a caring and fun – loving Community.

If you've always wanted to share a talent or a desire to perform for others this is your chance!

Signing up to perform will take place up until 6:45pm.

Those performing will have a limit of 15 minutes if needed. If more performers sign up than will fit into our schedule we may lessen the time of each act. If you sign up after 6:45 we will put you on a waiting list. If there is time left over you'll have a chance to perform.

The only requirement is a desire to share your talent and to have fun. There is no competition; only loving support. So whether you play an instrument, sing, tell a good story; have a dance or game to share; etc. etc., this is your chance to express that side of you with others. If you are not interested in performing but would like to

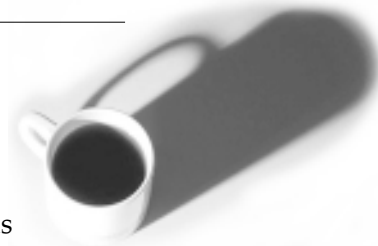
support others and just have an enjoyable night with your friends in the Unity family, please join us.

If time allows, we will kick off the night with a drumming circle in which all are welcome to participate. Please bring a percussion instrument if you have one. A limited amount of percussion instruments will be available for your use.

Cost - \$5 per person; children 14 and under are free. This charge helps to pay for refreshments, and heat and lights, and support our church's activities.

Free coffee and other treats will be available for your pleasure.

If you are interested in helping with refreshments please see John Daubney, or Gary Allocco or Steve Holmes at church. You may also contact John by E-Mail at jdaub@peoplepc.com



School Supplies needed for Food Pantry

MANY OF US have children and grandchildren getting ready for school in August. If you've ever shopped for school supplies, you know that the teacher lists are very specific and can be expensive to fulfill. That is why groups like the City Center Food Pantry ask for help for families who are struggling. In the past members of Unity Church has been very generous to those in need. We would like to help the pantry with their school project by supplying the following items.

Item	Qty. needed
Drawstring backpacks (material)	80
One subject notebooks (wide rule)	295
Compasses	70
Elmer's glue	70
Glue sticks-2packs	45
Marble notebooks	75
#2 pencils in 12 packs	100

Of course, cash donations are always welcome and someone will shop for the supplies. Please bring them to Unity by August 15th.

Other items always needed:

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:

- _____
- _____

Balancing Your Life continued —

Just like you can start putting better food into your body or making time in your day for an exercise walk, you can also begin to dedicate time, money and energy toward your spiritual life. Attending church on Sunday is a helpful start, but it represents only a tiny part of your weekly time. Committing additional time to a prayer or spiritual support group can help better meet your spiritual needs, as can setting aside time to read or meditate. Time and money spent on a workshop, retreat or class is always a good investment. Investing in your spiritual health and well being produces positive results in both your spiritual life and your physical life.



I invite you to keep an eye on your calendar or day planner. What are you doing with your time and energy? Notice your credit card statement and checkbook, your book shelves, your movie or music collection. Where is your money and attention going? Are you caring for and investing in both the physical you and the spiritual you? Building a balance within your life is important for spiritual growth, physical health and all around wellbeing. The truth is that right now you do have enough time, energy and money for your basic needs, and for fun, and for spiritual development.

You can learn more about getting your spiritual and physical life into balance by reading our July-August book club selection "Even Mystics Have Bills To Pay" by Rev. Jim Rosemergy. We will discuss the book at the end of August. I will also offer a four-week class on it Wednesdays in September.

May you learn to give equal love and care to all parts of yourself, and in doing so may you find inner balance and joy.

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Calendar of Events

Elaine Silver in Concert

Saturday, August 21st at 7:30 PM • \$15

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, clubs and children's events throughout North America and Europe. Elaine is the recipient of a Garden State Music Award for Outstanding Folk Performer, and has appeared in concert with Arlo Guthrie, Doc Watson, Tom Paxton, Suzanne Vega, Jorma Kaukonen, Tom Chapin and others. Elaine often teams up with author Alan Cohen as musical accompanist for his workshops and events. Other authors she has worked with include Deepak Chopra, Wayne Dyer, don Miguel Ruiz, Marianne Williamson and Neale Donald Walsch.



Elaine is a Certified Passion Test Facilitator and has shared this life-altering workshop with hundreds of grateful participants since 2008. The Passion test helped her get clear on her Passions, and lead her to meeting and marrying her beloved James Alexander. Elaine was personally trained by Janet and Chris Attwood, creators of the New York Times Bestseller, The Passion Test.

*Preregister by August 15 and receive a complimentary music CD. All participants can purchase a CD of their choice during the workshop for only \$5.

Movie Night



Friday, August 27 at 7:00 pm

"Bend It Like Beckham" is the story of a young Sikh woman in England who wants nothing more than to play soccer competitively, but it conflicts with the traditional obligations expected of her by her religious Sikh family. The movie is of her journey trying to balance her roles in two worlds and achieve her goals.

The "Passion Test" Workshop with Elaine Silver

Sunday August 22 • 12:15-3:15 (\$30*)

The Passion Test is a fun, interactive and productive event. It teaches a simple and direct way of accessing your passions, and explains how harnessing your passion brings success and happiness to your life.

- You will learn how to use The Passion Test to clarify the things that are most important to you and to identify your top five passions.
- You will understand how to consistently choose in favor of your passions.
- It offers powerful tools to use when you run up against challenges and obstacles and a lifelong strategy for aligning with your passions.
- This simple yet powerful process helps create new and stronger neural pathways and supports brain health.

July-Aug Book Club Selection

"Even Mystics Have Bills To Pay"

by Rev Jim Rosemergy

This book is Prosperity with a twist. It is an in-depth exploration of prosperity from a mystical point of view. True security and wellbeing are ours when we know the nature of supply. The principles and ideas in *Even Mystics Have Bills To Pay* can change your life.

Rev. Jim will lead a lunchtime book discussion on August 29th.

"Even Mystics Have Bills To Pay" Classes

Wed. Evenings Sept. 1-22 at 7:15PM

This four-week class is based on Rev Rosemergy's book and is open all. Reverend Jim asks that you begin reading the book prior to the opening class.

Unity World Day of Prayer

September 9, 2010

World Day of Prayer began seventeen years ago. This year's celebration takes place Thursday, September 9th and focuses on "Living in the Flow." It reminds us that the Divine is within us, ever-present and active. The prayer affirmation for this year is: *We are living expressions of Divine light flowing forth into the world.*



You can join the World Day of Prayer celebration at www.worlddayofprayer.org. The following events will be streamed live over the internet from Unity Village, Missouri:

Opening Ceremony (Wed. 9/8 at 8 p.m.) Featuring keynote speaker Rev. Paul Tenaglia (Unity of New York) and music by the vocal ensemble Spiritus with guest singer Rosena Hill.

Daily Word Service (Thur. 9/9 at 9 a.m.) With guest speaker Eileen Stark sharing her personal story of answered prayer.

Silent Unity Prayer Service (Thur. 9/9 at noon) Led by Rev. Kelly Isola, featuring Unity Institute students and alumni.

Special Presenter Gregg Levoy

September 12 • 9 & 11 am

Gregg has been a keynote speaker at Unity's national and regional conferences. He joins us to share his work on "Callings."

"Follow Your Callings: A Hands-On Workshop"

September 12th at 1:15 PM

Any leap you want to make in your personal or professional life that will align or re-align you with your passion and sense of purpose, with your deepest values, with a fit between who you are and what you do is, by definition, a calling— an urging from the deep self that tells you what it will take to make your life literally "come true."

That calling could be to make a career change or creative leap, take on a new role or let go of an old one, launch a new venture or a new relationship, keep the

faith in challenging times, or simply make a course-correction in your life or work. This dynamic, humorous and hands-on workshop will take a creative approach to the challenges of listening and responding to these calls. While honoring a calling's essential mystery, we'll also explore the questions that bloom naturally in the presence of any call: What does it ask of us? How do we tell the true call from the siren-song? How do we handle our resistance to it? What happens when we say no? What happens when we say yes? The key issues explored will be:

- Clarifying your callings
- Working with the resistance that naturally arises
- Identifying who and what can help you make the changes
- Creating an action plan of specific steps to anchor your callings in the world
- Gaining a renewed sense of direction and possibilities

(Please bring writing materials.)



Future Events:

Sunday, October 3rd

Victoria Moran, author of "*Fat Broke and Lonely No More*" and "*Living a Charmed Life*", joins us for a Sunday talk and afternoon workshop.

Fall Pot Luck Lunch

Sunday, October 10th at 12:15 PM

- Bring a covered dish to share.
- Reconnect with old friends.
- Meet new people.
- Visitors and guests are always welcome.

Unity 101 Classes

Sunday afternoons in October and November

For those interested in becoming church members.

"You Can Heal Your Life" Classes

Wednesdays, Oct 13-Dec 15, 7:15-8:30 PM

Based on Louise Hay's best selling book.



Spotlight on Service

By John Daubney



Jim Fuller

Watching Jim Fuller before, during, and after a Sunday service is a study on how a pastor truly serves. Seeing Jim empower and encourage others to become involved; delivering his weekly

message with the passion that exemplifies his great love for the spiritual path he lives and teaches; enthusiastically leading or facilitating a workshop or book discussion; or extending caring attention to the questions and concerns of both newcomers and regulars, is being present to service in action. For Jim, service is rewarding and... it is fun!

I “discovered” Unity in 1992 in Charlotte, North Carolina. A friend of mine was looking for a new church. Kay and I had heard about a group called Unity and thought our friend might like it, so we all went to church one Sunday. My friend never went back—Kay and I never left. Unity in Albany also showed up by similar “coincidence”. While attending Unity School in Missouri I participated in a men’s group which included Morgan Barclay, a man from of this congregation. We were both studying to become ministers and it was at his urging that I sent a resume to this congregation. The rest as they say is history, and also my present life.

MY FORMER CAREER was centered in what is commonly called service work. After college I worked as a houseparent with delinquent and emotionally disturbed youth. Later I worked with adults with Autism and other Developmental Disabilities. Through this work I learned about service and about how to be truly helpful to the individuals in my care and to their families. A psychologist I met once commented that he was deeply indebted to his first fifty clients because they had taught him so much about helping people. He smiled and commented that *he hoped he had helped them some too*. I sense a parallel with my own career.

My father and grandfather were remarkable men who could build or repair anything; cars, houses, electronics. While I am somewhat less handy than them I do like to work with my hands. My service work at Unity of Charlotte began with hammer and saw. The minister asked for picnic tables for the grounds so I bought some lumber and built some tables. It felt so great to give something of value and something of myself to my church. Later I helped improve and maintain the buildings. From working on buildings I moved to helping with hospitality, youth programs and eventually to serving on the church board.

Spiritual service has offered me ways to connect with people both at and away from the church. While living in

Charlotte Kay and I hosted a Course In Miracles study group in our home for many years. Opening our home to others enriched our lives more than words can ever describe. When I needed to complete the Quest as a part of my pre-ministry program studies we decided to offer it as a study group at our church. About eight people completed the Quest with us. That group continued to meet and study other Unity books for many years.

Serving as a minister continues to present me with opportunities for bring together groups and for working on buildings. I enjoy both parts of this work and feel energized as I do it. It took a number of years for me to realize this about myself but knowing it, I now look for groups to form and projects to do. And I am mindful of opportune times for each. The same is true for helping with hospitality which I also enjoy. I always come by the church on Saturdays to prepare for Sunday. In addition to setting up the sanctuary, updating the announcement slides and phone announcements I also set up chairs, tables and tea in the fellowship hall. When our church looks and feels “welcoming” to me I feel connected and energized. Being here in Albany also afforded me the opportunity to serve on Unity’s Northeast Regional board and to help facilitate several Regional Summer Retreats; more opportunities for service and connection.

Here are a few things I have learned from and about service:

1. I always have a much greater capacity to serve and be helpful than I suspect. I have seen this proven true over and over in my past and I firmly believe that it is true for my future.
2. As I stretch and serve I uncover parts of myself that I wasn’t aware of. In general I am pleased by the parts I uncover. When I occasionally bump into a part I don’t like (usually some form of resistance) I have learned to simply acknowledge it and keep on working. As I continue serving and reaching out this resistance usually subside.
3. I have learned that sometimes the best way to serve is to leave something undone so that someone else can have the opportunity to serve. When I first connected with the joy of service I wanted to do everything. I became greedy about serving. Now I do an inward check to see if a need or an opportunity to serve feels like it’s mine to do, or not.
4. Finally, I learned that being willing to help another serve, takes more patience than just doing something myself. But when I am able to help someone discover their ability to serve it is very rewarding. Serving by empowering others to serve is an important part of my personal vision for ministry.

May we all encourage one another as we grow together in spirit and in service. Amen.

Unity Church Fall Retreat

WE ARE EXPERIENCING one of the most if not the most important evolutionary times on this planet. We have amazing opportunities not only to take part but to shape this planetary transformation. Through self compassion we allow room for reawakening and remembering the true purpose of who we are and empower ourselves to become part of this global spiritual awakening. This retreat will offer people an opportunity for experiencing this deeper self realization and soul awakening so that we can align and attune ourselves to our true "God" source within.

Experiential offerings: creating a safe sacred community for sharing & awakening; rituals for releasing old patterns and beliefs; meditation, music and movement; rejuvenation exercises; techniques for the self compassionate journey; community commitment ceremony.

Retreat Leader: Marilyn Gewacke, PhD is a clinical psychologist, motivational speaker and nondenominational minister. In addition to her Albany private practice she also is involved in creating spiritual retreats for increasing and enhancing "soul wisdom" and sacred awakening. Her retreats and workshops are dynamic and inspirational for anyone going anywhere on the path of life. She is currently working on completing her book entitled, *"Living from the Inside Out: Soulful*



Steps for Sacred Living". This book outlines her new and groundbreaking psychospiritual paradigm for self and soul wellness and planetary transformation.

The Dominican Retreat and Conference Center in Schenectady, NY is a place of peace and safety open to all people who seek to grow in relationship with themselves, others, and their God. For more information about the Center visit: www.dominican-spiritual-life-center.com

INFORMATION: Friday, September 17 Through Saturday, September 18. Retreat starts with Dinner on Friday and ends with dinner on Saturday. To attend retreat the overnight commitment is required.

- **\$175.00 includes:** meals, accommodations in a private room, and program
- **\$75.00 deposit** (*Deposits are non-refundable*)
- **Registration:** 5:00 PM on Friday, **September 17th**
- **Program begins:** 6:00 PM Friday with dinner
- **Program ends:** Following dinner on Saturday, **September 18th**

For more information: Call (518) 453-3603 or email glaiacona17@hotmail.com

To Register: Submit the form below along with your \$75.00 a non-refundable deposit to:
Unity Church in Albany, 21 King Avenue, Albany, NY 12203

Yes! I want to attend the Unity Church Fall Retreat

Name _____

Street Address _____

City _____ State _____ Zip Code _____

Email Address _____

Home Phone _____ Mobile Phone _____



Unity Church in Albany
21 King Avenue
Albany, NY 12206

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E-mail: unityalbany@yahoo.com

Web page: www.unitychurchinalbany.org

ADDRESS SERVICE REQUESTED

Help Needed

Help is needed to care for Bandit (Rev. Phil's dog). Ellen Elting has been graciously caring for Bandit, but needs respite care on a regular basis. Call Ellen at 459-0616



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 —

Return to Fall Worship Schedule

Beginning Sunday, September 12th we will return to our fall worship schedule with Sunday services at 9:00 and 11:00 AM. Youth Education classes return to their 11:00 AM time. Wednesday evening prayer continues at 6:30 PM.

October/November Newsletter

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