



The Messenger

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

From Dissonance to Harmony

IN ROMANS 7:15 Paul writes, "I do not understand my own actions. For I do not do what I want, but I do the very things I hate." Almost everyone I know has spoken similar words at some point in his or her life, and probably more than once. When we speak or act in ways that are not in accord with our own values or beliefs we experience what psychologists call a cognitive dissonance, disharmony between our thoughts and our lives. When we speak or act in ways that are not in accord with our spirit or soul we experience what I would call a spiritual dissonance, disharmony between our True Self and the self we are acting out in the world. Neither of these can continue on very long without producing problems in our minds, bodies and/or affairs.

The first step in breaking free from inner dissonance is to notice that what you are thinking or doing doesn't feel right. When Paul noticed that he wasn't doing the things he wanted to do and that he was doing things he inwardly hated he was actually in the perfect position to begin turning his thoughts and his life around! Noticing things like this is actually something to feel good about. If you don't notice that your life feels out of alignment with your values and beliefs you can't do much about it. Once you begin to notice that things aren't feeling right you can start making changes and shift the direction of your life.

Most of people would agree that being deceptive, taking what belongs to another, or taking advantage of others aren't good things to do. However you may tell yourself that there are situations in which you simply must do these very things in order to get by. Each time you compromise and follow that type of impulse you create a bit of inner dissonance. You may also believe that having respect for others, being generous, and taking care of your body are important things to do. But you

may not take steps to begin doing them. Here again you may find bits of dissonance arising as you don't do what you believe in. The same thing happens at the level of soul or spirit. At the deepest levels of your being you may sense that all people and all things are interconnected, that there is value in pursuing a "spiritual life", and that thoughts and prayers are important. To the extent that you incorporate these truths into your daily thinking and life you feel a congruence with your higher self, to the extent that you try to skip over some of these you are likely to experience more inner dissonance.



By Rev. Jim Fuller

It is impossible to get into alignment with what you "do not want." You may decide to *not* to lie, *not* to cheat or steal, *not* to eat unhealthy things or skip exercise, *not* to be stingy or judgmental. This is often where people begin, but *not* does not usually get you very far. While it's good to know that you don't want these things, continued focus on what you "don't want" puts your creative attention in the wrong place. It is much more effective to notice what you do value and direct your attention there.

Whether you rely on your personal value system or your spirit or soul to guide you; begin by selecting one or two positive qualities and directing your attention toward them.

Select something that you really value (i.e., generosity, honesty, healthfulness, kindness or forgiveness) and begin incorporating that into as many of your thoughts and actions as possible. You might look for opportunities to share and be generous. Perhaps you will practice being truthful and honest in all interactions; and pair that with compassion. You could make a point to eat

At the deepest levels of your being you may sense that all people and all things are interconnected . . .



Would You Like Join Unity Church?

IF YOU LOVE WHAT WE TEACH we would love to have you become an official member of Unity Church. You are not required to withdraw your membership from other churches in order to join Unity. Our purpose is to advance spiritual consciousness, not to convert.

To become a member we ask that you attend worship services regularly for at least six months, read a short booklet on Unity and participate in a six-week Membership Class.

Our fall membership class will be presented on Sundays from 12:30 – 2:00 PM starting in October. Look for class sign ups in our Bradford Street Lobby.

Please also purchase and read the booklet Unity, A Quest for Truth by Eric Butterworth prior to attending the first class. This booklet is available in our bookstore. If you have questions about membership or the class, please call or speak with Reverend Jim.

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, lifestyles, 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!*

Kingston Unity Center Forming

UNITY KINGSTON was founded last month and is working with guidance from the Unity Church in Albany, focuses on healing prayer by working with the Christ Consciousness in all of us. We are currently studying *Teach Us to Pray*, the work of Unity co-founder Charles Fillmore, and will continue using his works in its future services. All are welcome to attend 11:30 services, which include uplifting music, healing meditation, and reading from Fillmore's work.

The Red Barn also hosts *A Course in Miracles* study group which meets Friday evenings from 7:00-8:30 followed by a 30 minute Prayer Circle. All are welcome to attend the ACIM group or Prayer Circle.

Meeting Address:

The Red Barn
390 Joys Lane • Hurley, NY 12434

Service date/time:

Sunday at 11:30 am

Road trip to Unity Albany: 4th Sunday of each month

Contact Info:

Phone: 845-331-0352
email: unitykingston@gmail.com

Sunday Talk Archives

YOU CAN LISTEN to Sunday messages from Unity in Albany by visiting our website: www.UnityChurchInAlbany.org. Just click the *listen* button on the left to either hear or download a Sunday talk.

From the Library/Bookstore...

“Please Keep the DVDs/CDs Flowing”

OUR LIBRARY has many DVDs and CDs that you may borrow and enjoy. We ask that you only borrow them for a week, perhaps two; that way more people can enjoy them.

Our collection includes inspirational movies, educational series, films on the Dalai Lama, talks by Wayne Dyer and much more.

If you have an inspirational DVD or CD that you would like to donate, they are always welcome. It currently appears that a number of our DVDs and CDs are hiding in places other than our library.

If you notice a red DVD case lurking in your bookshelf perhaps you could help it find its way back to the library so that others might enjoy it at well. Thank you all for helping us keep the DVDs and CDs flowing.

From Dissonance to Harmony cont.

healthy foods every day or practice choosing your words carefully until you are able to speak kindly in all situations. You might practice forgiving small offenses and in time learn to be an effective forgiver. Each of these will require practice and attention. You probably won't "get it all right" at first but over time you will find greater alignment with your personal values as well as your own soul and spirit.

It's best not to attempt to "fix" everything the first week, month or even year. Pick one or two positive characteristics to focus on and give them your full attention. If there are things that you feel inspired to work with, begin with those. If nothing feels inspiring just pick one or two things that you believe you might make some progress with. Select for success, not to please or impress others. When in doubt ask God or your own soul for help in deciding where to begin and then pay attention for ideas that will show up. There is a part of your inner being that is ready and waiting to support you in your quest to heal your inner dissonance and move into greater harmony.

As you bring your life into alignment with the things you value, things of the physical world and things of spirit, you will begin to find that, to paraphrase Paul, "The things I would do, I am now doing. The things I wouldn't do, I don't do (or think) so much anymore." The dissonance in your mind and your life will begin to subside. You are now moving in greater and greater alignment with your soul and your Creator. And while you may still experience occasional bits of dissonance, the central harmony of your being will carry you past these temporary events and lead you gently back to the happy and healthful Self that God created you to be.

*May you trust and follow the wisdom of Spirit, guiding and leading you out of inner turmoil and dissonance and into great experiences of peace, power and harmony.
Amen*

Let your words "fall" on the paper!

Articles for the October/November edition of the newsletter can be submitted to Denise Klein at katzr3@nycap.rr.com by Sunday, September 18th. Your news articles, spiritual thoughts, poetry, photos, humor or suggestions are always welcomed.



Unity Church Fall Retreat

Friday-Saturday, October 28-29

DOES ONE SIZE REALLY Fit All? ~ An exploration of where I fit in my church, in my religion and in my spiritual life.

Where we started out isn't necessarily where we are now. Nor is it an indication of where we are headed. Throughout life's transitions and phases we find ourselves at crossroads. Sometimes the choice of which path to follow is clear, and sometimes it's not. This is true in our spiritual journey. We find ourselves worn out or bored with the role we have been occupying. And we wonder, "Where do I fit now?" Or we may be experiencing great satisfaction with where we are and wonder, "is this normal? Should I be looking somewhere else?"

This retreat won't provide you with the answers. What it will provide are questions and exercises designed to help you discern your own answer, or at least a place to start looking. So come and explore with us and be prepared to "be with the questions."

Our retreat will be held at the Dominican Retreat Center in Niskayuna. It will begin with dinner on Friday and end with dinner on Saturday. An overnight stay at the retreat center is required. Your registration of \$175 includes all meals, a private room, and all retreat activities. Space is limited to forty participants.

About Our Presenter:

Barbara Wisnom is a warm, engaging and deeply spiritual person. While her primary focus is business, coaching executives and senior level managers, she also maintains a private coaching practice, working with clients to make their unique goals become real. She has conducted spiritually based seminars for adults in a variety of settings. It was Barbara who led our first church retreat in 2008. Barbara holds Bachelors and Masters Degrees from Niagara University and SUNY Buffalo respectively. She received her coach training through the Coaches Training Institute and is a Certified Professional Co-Active Coach (CPCC). She may be reached via email at barbara@thethirdzone.com or by telephone at 518-371-2965.

Board of Trustees

President	Heather Diddel ('14)	475-9604
Vice Pres.	Sheila Healy ('13)	434-1517
Treasurer	Dottie Frament ('12)	346-7940
Secretary	Leslie Coffaro ('14)	465-3300
Trustee	John Frederick ('13)	486-5689
Trustee	John Reith Jr. ('12)	438-3376



calendar



Labor Day is a glorious holiday because your child will be going back to school the next day. It would have been called Independence Day, but that name was already taken. ~Bill Dodds

Town Meeting

Sunday, August 7th 11:40-12:40

Town Meetings are your opportunity to learn more about what's happening at Unity Church, ask questions of our minister and board, and to offer suggestions or comments. The goal is to promote good communication within our community and keep in touch with the energy and direction of the church. Town Meetings are open to anyone who attends Unity Church.

The Fillmore Diner: "Going Veg" Like Myrtle and Chuck

Workshop with Victoria Moran



**Sunday, August 14th
12:15-2:15 PM**

Not a lot of Unity people know that Myrtle and Charles Fillmore were committed vegetarians. Charles wrote extensively on the topic; their son Lowell Fillmore was North American Vice-President of the World Vegetarian Union. The Unity

Inn was a vegetarian restaurant and Weekly Unity included a vegetarian column. While Unity has moved away from addressing food choices and animal issues, our culture as a whole is looking at these anew as we see the positive ramifications for personal health and the environment of a plant-based diet.

In this fun and lively workshop, longtime vegan Victoria Moran, author of *The Love-Powered Diet*, *Living a Charmed Life*, and *Fit from Within*, will share with you the physical and spiritual benefits of nourishing yourself with respect for your own body and for all life, as well as ways to 'go veg' healthfully, easily, and deliciously. You'll also receive a jam-packed handout with Charles Fillmore's words on food and eating, tips for healthy living, and yummy, easy recipes. **Cost \$25**

Victoria's new book "Real World Vegan: Your Simple Guide to Eating Healthfully & Living Compassionately on Planet Earth" is expected out next May.

Faerie Elaine Silver

"Touching the Divine" Concert

**Saturday, August 20th 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. She was featured nationally on The Wisdom Channel and on New Jersey Network's award-winning television program *State of the Arts*. 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 many more of the folk world's brightest stars.



Elaine often teams up with best-selling author Alan Cohen as musical accompanist for his workshops and special events. Other authors she has worked with include Deepak Chopra, Wayne Dyer, don Miguel Ruiz, Marianne Williamson and Neale Donald Walsch.

*Suggested Love-Offering \$15
(more if you can – less if you can't)*



Unity Coffee House

**Saturday, August 27th
7:00 – 9:30 PM**

This is an open mic night with music, poetry, humor and more. Sign in before 6:45 to share your talents, or just come at 7:00 and enjoy the show. Admission is only \$5 and includes refreshments.

Book Club News

Sunday, August 28th, Noon

Sunday, August 28th Reverend Jim will lead a lunchtime discussion of *The Spiritual Journey of Charles Fillmore*. This book sheds new light on the life and work of an important spiritual pioneer. Author Neal Vahle uses research, interviews with those who knew Fillmore, and his own intimate familiarity with Fillmore's writings to introduce readers to the intriguing co-founder of the Unity movement. It explores the philosophical and spiritual landscape of Fillmore's era in great detail and provides an excellent overview of the metaphysical movement's evolution through time. Discussion on the book will take place at Professor Java's Coffee Sanctuary (they have great food too) on Wolf Road in Colonie.

Our book club reading for September through November will be *The Universe Is Calling* by Eric Butterworth. This is the same book we will use for our Wednesday evening classes. Prayer has always been the heart of the Unity movement. If you visit the original Unity church in Kansas City you will see the offices of Myrtle and Charles and what was clearly "add on" office space for a young Eric Butterworth. So and who better to share Unity's understanding of prayer than Eric Butterworth, protégé of Charles and Myrtle Fillmore?

Eric's ministry carried him through 86 years of life and eventually took him to New York's Lincoln Center, an impressive achievement for a minister and teacher. His book on prayer, *The Universe Is Calling*, was published in 1993, just ten years before his passing. It is the summation of his teachings on prayer. Rev. Jim will lead a discussion on the book Sunday, November 20th.

September "Video Classes"



Wednesdays in September,

7:15 - 8:30 pm. . .

. . . Rev. Jim will show videos on A Course In Miracles, Eckhart Tolle and Unity. Each evening will include a 60 minute video followed by a time for questions and comments.

The first class will be an introduction to A Course In Miracles. This introduction was created by the people who were responsible for the original writing and publishing of the Course.

The second class will be a video interview in which Eckhart Tolle talks about his life and inner transformation.

The third and fourth classes will be a video of Eckhart's 2008 presentation at Unity Village. *Class will meet each Wednesday in September.*

"Circulation Day"

Saturday, September 17th

9:00 AM -2:00 PM

Circulation Day is a "cash free" yard sale with a spiritual basis. It's your opportunity to pass along (circulate) some of the good things that you are no longer using and to bless others. It's also your opportunity to accept good from others, to welcome blessings into your life. Circulation Day is based on a simple spiritual principal: As we allow God's love and abundance to flow freely through us we experience more and more of God's blessing. So on Circulation Day everything is "freely given and freely received." There's no money involved, only good will and appreciation.



You can participate by bringing 1-10 items to contribute to the circulation. Items can be dropped off Friday the 16th between 5:00 and 7:00 PM or Saturday morning. Please only bring items that are in good condition. We seek to open ourselves to that which has quality and value, so we want to share things of quality and value.

You are also welcome to take 1-10 items, even if you don't bring anything. This is not an exchange or swap; it's a spiritual exercise in giving and/or receiving. There are blessings to be had in both.

Want to help with Circulation Day?

Contact Sheila Healy (428-0848) or John Reith (810-9498).

The Universe Is Calling: Opening To The Divine Through Prayer

Wednesdays at 7:15 PM,

beginning October 12th

What are the pitfalls of prayer?

What is the inner process of prayer?

What comes after prayer?

Based on Eric Butterworth's book "*The Universe Is Calling*", this eight-week class will help open up your prayer life. Prayer has always been at the heart of the Unity movement and who better to share Unity's understanding of prayer than Eric Butterworth, protégé of Charles and Myrtle Fillmore. You will learn to develop the inner intention needed to give power to your prayers. You will also learn how to pray with others and hold others in prayer. Prayer is about connecting with the always present power of the Universe and allowing that connection to heal and empower your life. We all experience the natural urge to pray, and we all have the innate capacity to get results from our prayers.

Church at Beautiful Thatcher Park

Photos and article by Donna Britton

IT WAS A GRAND DAY FOR A PICNIC, just warm enough, blue skies overhead, green grass underfoot, with a gentle breeze in the air. What better place could one spend a Sunday morn and attend a church service (or two) as well? The place was Thatcher Park and the shelter was one of the lookout shelters that offered an incredibly expansive view of the terrain outstretched before us and below us.

The early birds showed up in time to participate in a peaceful morning meditation and drumming ceremony, which was held near one of the lookouts. Sounds of drumming then continued on long after the early service had ended. I had brought fixings for a salad and asked the drummers to “drum on” while I turned a variety of fruits into a colorful fruit salad. Kathleen was one of the enthusiastic drummers.

By then, it was time for the main event to begin: the 11 o’clock service under the shelter, which offered electrical power for the musicians’ instruments and loud speakers. Roger and company, including another half dozen or so

of faithful Unity singers sang and played us right into Jim’s lesson entitled “Echoes of Creation.” Programs were even handed out and the offering taken, just like in church!

What do we normally do after church? We eat! And this day was no exception! From hot dogs and hamburgers on the grill to salads, veggies, fruits, and desserts galore, we feasted to our full. On the food, on the experience, on the love, on the camaraderie, and on the blue skies while we chatted and shared, while we played volley ball, while we walked and discovered the ups and downs of Thatcher Park. We feasted on life and on its blessings, abounding all around.

The weather itself was truly a blessing and continued to display its beauty all afternoon. It was a grand day for a picnic and for a drumming circle and for a church service, complete with musicians and singers. It was just warm enough, with blue skies overhead, and green grass underfoot, and that delicious gentle breeze in the air. A recording of another cherished memory. .



Spotlight on Service

By John Daubney

John Reith

One tell-tale sign of a happy person is a willingness to give of their self in service to others. All his life, John Reith has found joy and wholeness in serving others. The next time you catch John in the act of serving others at Unity, or elsewhere in the community, notice the gleam in his eye and the smile on his face....but be careful....his spirit can be contagious!!

DOING SERVICE HAS ALWAYS been an important part of my life. Even when I was young, I was always involved in church as an altar boy or choir boy. I think my parents instilled in us that service to others is an important part of being a Christian. My dad was involved in our church as an usher and my Mom was a Eucharistic Minister. My Dad Also coached me in Little League. I also grew up in a close-knit family and neighborhood in Albany where people really looked out for each other, and cared about each other. I also coached Babe Ruth baseball in my neighborhood for 17 years.

Today, I would define my service as an extension of God's love/spirit in me reaching out to others. I love doing service. Even at work, when I am spiritually fit, so to speak, (which is not every day) I see my position as an opportunity of being of service to others beyond simply being a way of making money. Unity Church has provided me an opportunity to continue to grow spiritually in my connection to my Higher Power/Spirit as well as to others. By nature, I tend to be shy and somewhat of introvert although you wouldn't know that sometimes (ha-ha). I can also be self-centered, especially when I am *up in my head*. So service helps me move from that place of thinking about self to reaching out to others.

I came to Unity Church in Albany from a "galaxy far, far away." Seriously, I came to Unity in the late 1980's on the recommendation of Ron and Betsy Depersis, friends of mine who like myself were looking for a deeper connection to God/Spirit, and also because my spiritual values were not in sync with the church I was raised in. At first I was a little suspicious but I soon found this great small

community on Madison Avenue who believed that God/spirit were inside of me instead of some guy with a white beard up in the sky who was punishing and waiting to hear about my sins so he could decide whether I was going to hell or heaven.

Unity helped me to believe that the Kingdom of God is within me and not in some far off place. Prayer and meditation and service and singing are my chief means of connecting to spirit. My service started out as an usher and teller with John Britton and Paul Dean. Eventually I became head of the ushers which I really enjoyed. I enjoy greeting people and bringing people together. That's a passion I share with my friend, John Daubney who has been a friend and mentor. I also sang in the choir which I really enjoy. It was a bit of a struggle for me because I don't read music yet music is one of my many passions. Other people who modeled service for me were Sam Madison, Dennis Ryan, Debra Burger, Phyllis Pulver, Ginger Although, and Mary McLaughlin Etc. I was also part of the group who helped with the move from Madison Avenue to our current location which was quite an undertaking. My part in that involved painting and singing (ha-ha).

I choose my service commitments by identifying need with my interest or passion. My service in the bookstore, which I love, came as a result of talking to Geri Ann Laiacona while washing dishes one Sunday. She told me she needed help; I love books, and I like talking to people, so it seemed a natural fit. I usually put a little meditative music on while I work in the bookstore to create a better atmosphere. I also help John Daubney and

Gary Allocco and Steve Holmes with organizing the coffeehouses because I enjoy music and it's a great way to bring our community together in a safe, fun way. I am now on the Board of Trustees and I enjoy that also as a way to helping out our spiritual community in any way I can. Serving

others has always been and will always be a big part of my life. Anyone who is looking to become more connected to spirit and to our spiritual community can do so by getting involved in service. We welcome all with open arms.

"I don't know what your destiny will be, but one thing I know: the only ones among you who will be really happy are those who have sought and found how to serve."

"Albert Schweitzer





Unity Church in Albany
21 King Avenue
Albany, NY 12206

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

Phone: 518-453-3603

E-mail: unityalbany@yahoo.com

Web page: www.unitychurchinalbany.org

ADDRESS SERVICE REQUESTED

Underwear that's Fun to Wear!

That's what YOU can supply to the children of the Center City Food Pantry area, when you make out a check for back-to-school underwear, sweatshirts and socks.

Funds for this effort will be collected during the month of August, and you can ensure that your donation goes to the right cause by simply noting "back to school" on the memo line. Make your checks payable to Center City Food Pantry, or to Unity Church.

And now for something a little different! Instead of our usual list of "things needed at the food pantry" we're going to target different needs on different weeks.

The following list is a week-by-week suggestion of items that would be much appreciated by the food pantry, as many of their clients cannot purchase these items by any other means.

(The Food Pantry also asks that you consider buying two smaller items instead of one large, as they frequently must be split up at the food pantry so that everyone receives what they need.)

Week #1

Aug. 7 & Sept. 4: WOMEN'S WEEK! Needed are feminine pads, tampons, washes, shampoo, conditioner, tooth brushes & toothpaste, deodorants & soap.

Week #2

Aug. 14 & Sept. 11: MEN'S WEEK! Needed are shaving creme, razors, deodorants, shampoo & soap, toothbrushes & toothpaste.

Week #3

Aug. 21 & Sept. 18: BABY WEEK! Disposable diapers, baby wipes, lotions & shampoos.

Week #4

August 28 & Sept. 25: HOUSEHOLD WEEK! Toilet Paper, laundry soap, paper towels, household cleansers.

And don't forget, that EVERY week in August is a great time to write a check to the Food Pantry, and give a child something special for the start of the school year.

As always, thank you for the generous donation of whatever your heart leads you to give.

Summer changes to Fall - Worship Schedule

We hold one Sunday Service at 10:00 AM through September 4th (Labor Day).
On September 11th, we resume our two service schedule at 9:00 AM & 11 AM.