



The Messenger

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

Remembering & Forgetting



By Rev. Jim Fuller

IN UNITY CIRCLES Myrtle Fillmore is often remembered as the woman who healed herself of tuberculosis with the affirmation: "I am a child of God therefore I do not inherit sickness." In a recent conversation with a Unity minister she shared with me her belief that it wasn't the affirmation that healed Myrtle. She also told me she had shared this idea with her congregation and that after some

consideration they agreed. So did Myrtle heal herself using an affirmation or not?

My friend's thesis was that the affirmation had no direct effect on Myrtle's health. Instead it functioned as a reminder of something Myrtle already knew but had forgotten. What she had forgotten was her true identity: a child of God, whole and complete, strong and well. That of course was the exact opposite of what Myrtle was experiencing at the time when she heard a speaker suggest, among other statements, "I am a child of God therefore I do not inherit sickness."

At that point in her life Myrtle was very ill. Doctors had given her six months to live. She had already tried health foods, a change of climate, and many prayers. She and Charles, who always loved lectures and new ideas, had been attending talks by various spiritual teachers and healers. But on one particular evening Myrtle made a connection with something deep inside herself. What she connected with was a memory of herself, her True Self. Myrtle then used the words of the speaker to help anchor this memory and keep it fresh in her mind. "I am a child of God therefore I do not inherit sickness." The remembering of who she was produced the healing. The affirmation kept that memory present in her mind.

Like most people, Myrtle had forgotten who she was. She remembered her name, her family, and her carrier but she had forgotten who she really was. Like someone lost in a dream she wandered through life believing she was a sickly child born into a family of sickly people and destined to perish early in life. What she desperately needed was to forget that idea and to remember something different, something better, something based in Spiritual Truth.

When we, like Myrtle, find ourselves in difficult times we often look for something better to think about. Unity would suggest that we turn to denials and affirmations; that is a good idea. Denying ideas of lack or illness and affirming thoughts of strength and supply is helpful, even healing. But simply praying affirmations is not nearly as effective as connecting with a positive spiritual idea and then using an affirmation to stay connected with the Truth and Power you have sensed in the idea. To do this we must open our minds to healing or prospering ideas from a variety of sources. We must learn to notice which writers, speakers, singers or others "light us up." This requires us to redirect a portion of our time and attention away from the things we are currently paying attention to. The more we point our attention in positive and creative directions, the more likely we are to discover new channels for helpful and healing ideas.

And, like Myrtle, we must not simply listen to the speakers and read the books. We must also work with the ideas we encounter, especially the ones that generate some positive or hopeful feeling. If we just read book after book our progress will be slower than if we read until we find something inspiring and then find a way to anchor that idea in our mind and work with it over time. Perhaps you will copy a few lines from a book or write down a sentence you hear that causes you to remember some Truth. You may want to turn that idea into an affirmation by restating it



Continued on page 3

The President's Corner:

By John Frederick



I AM Perfect, Just as I AM. What a wonderful affirmation. It really says it all. Perfect, of course, doesn't mean flawless. It means whole and complete, right here right now. No missing parts.

I think that is helpful, not just for me personally, but in any situation, with any relationship. With one person or an organization. Around the dinner

table or in our church community; at the workplace or in a city of a million people. Life right at this moment is perfect, just as it is. Everything is in place. Nothing is out of place.

In Reverend Jim's class on "No Death No Fear" by Thich Nhat Hanh, he speaks about this. When conditions are in alignment for something to manifest, it manifests. When those conditions change, the thing (or person, or event) is no longer manifest. It has not gone away. It just changes form.

Recognizing the cycle of being and nothingness, rising and falling and arising again that is the way of the physical world, we can begin to have faith in things as they are. Perfectly aligned in every moment. And the next moment. A song doesn't hold one note forever. It is beautiful because notes succeed each other to form a pattern.

Our Unity Church in Albany is perfect....just as it is. Some may wish for it to be larger, or smaller, or more lively, or quieter, or more socially involved, or more meditative, or.....you get the picture.

If there is something we would like to see, that we do not now see, we do well not to focus on "fixing" the "problem". We in Unity strive to "See it Right" not "Set it Right."

Be the change you wish to see. And when alignment happens, Poof! Change happens.

Until.....

2012 Board of Trustees

President	John Frederick ('13)	486-5689
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Air Conditioning Is On The Way!

Over the years many people have asked if we would ever air condition Unity Church. Some of our older congregants find the summer heat and humidity simply too intense for them to attend. Our sanctuary is basically a brick oven that builds up heat and radiates increasing warmth as the summer progresses. Some people find the noise and wind from the sanctuary fans very distracting. Others comment that fans simply aren't adequate on humid mid-summer days.

The board of trustees has explored air conditioning in the past but never with satisfactory results. This spring our board not only explored air conditioning but found workable solutions for our sanctuary, fellowship hall and classroom building. Work on this project will begin in June and all areas of the church should be air conditioned by July. That's about the time we really need it.

Money for the project will come from savings we have been setting aside for expansion and improvements. We will use about 25% of those funds. Having air conditioned buildings will not only make Sundays more pleasant it will also allow us to host concerts, weddings and special events throughout the summer.

Also included in this project will be the addition of two small high efficiency gas heaters to heat the sanctuary during the winter. Addition of these heaters is expected to reduce our sanctuary heating costs by 50%. Many thanks to each of you who attends and supports Unity Church. You have both reminded us of the need for these improvements and also provided us with the means to turn that need into a reality.

Sunday Talks & Tunes

You can now listen to or download our Sunday messages from our website. Just go to www.unitychurchinalbany.org and click on "listen". New talks are added weekly. Visit our "music" page for links to the latest *tunes*. You can also find us on Facebook at: Unity Church in Albany.

The Next Newsletter —

August/September

Deadline is Sunday, July 22

Please submit your contribution to Denise Klein at katzr3@nycap.rr.com. Your news articles, spiritual thoughts, poetry, photos, humor or suggestions are always welcomed.

Remembering & Forgetting —

as an “I am” type statement. “I am a child of God...” Or you may decide to stick with the original wording and use it as an anchor to reflect on throughout your day, something to bring your attention back to the Truth.

Throughout our lives we are continually remembering and forgetting. Some of what we remember we would be better off to forget and release. Some of what we have forgotten we will be delighted to remember at some future time. The good news is we can become masters of our remembering and forgetting. We can use the power of our attention to anchor helpful ideas into our minds. As we repeatedly turn our attention toward these ideas many of our “unhelpful” thoughts will become lost, forgotten. Since unhelpful or untrue ideas are sustained only by our attention, never by God’s, in time they will become permanently “unremembered.” Spiritually true ideas on the other hand do have their basis in God. They are sustained in the Mind of God and are available for us to remember at any moment. Myrtle found hers, and on more than one occasion. She continued to remember and anchor new Truth thoughts throughout her life. You and I can also find Truth ideas to serve us, along with creative ways to anchor them into our remembering.

An affirmation for remembering:

I am willing to remember who I truly am and to forget who I am not. I am a timeless child of Eternity. I am born of Love and Love alone. I am one with my Creator. I am one with all that is Real. I am willing to remember all that is Real and to forget all the rest. I am willing to remember my timeless Self.

“Truth will correct all errors in my mind.”

What can correct illusions but the truth? And what are errors but illusions that remain unrecognized for what they are? Where truth has entered errors disappear. They merely vanish, leaving not a trace by which to be remembered. They are gone because, without belief, they have no life. And so they disappear to nothingness, returning whence they came. From dust to dust they come and go, for only truth remains. Can you imagine what a state of mind without illusions is? How it would feel? (from *A Course In Miracles*)



Summer Sabbatical

This summer I will be taking some sabbatical leave. I will be away all of June and most of August. In early June I will travel to Unity Village to help with student interviews and to connect with the energy of Unity’s birthplace. Later in June Kay and I will participate in a retreat with Eckhart Tolle at the Omega Institute. My sabbatical time in August will include some travel along the West Coast. Thanks to Laurie Pagelow, Jim Stabler and my friend Rev. Vickie Elder it will also include guest speaking at Unity in Monterey. Most importantly this sabbatical will also afford me uninterrupted time to read, reflect and do some inner work.

Ministers typically take six month sabbaticals every seven years. Since we are not a big church my being away for six months isn’t really practical. As an alternative I have elected to take two months off every third year. To make being away easier for the church I am taking my sabbatical during the summer and not taking it all at once. I have found that this keeps things moving smoothly at the church and still permits me the needed time to renew and recharge.

I look forward to sharing Sundays in July with you, including our annual “Church in the Park.” I will be back to my regular schedule at the end of August. This year as an added treat our former board president, the soon-to-be-Reverend Jackie Hawkins, will be helping keep things in order during my time away in August. Jackie will also be offering two of the Sunday messages while I am away. Once again we are indebted to Jackie’s love for Unity in Albany and her desire to serve.

*Blessings to all,
Rev. Jim Fuller*

Food Pantry

During all months of the year we continue to give for the benefit others. Thank you for your generous donation!

Week #1

WOMEN’S WEEK! Needed are feminine pads, tampons, washes, shampoo, conditioner, tooth brushes & toothpaste, deodorants & soap.

Week #2

MEN’S WEEK! Needed are shaving creme, razors, deodorants, shampoo & soap, toothbrushes & toothpaste.

Week #3

BABY WEEK! Disposable diapers, baby wipes, lotions & shampoos.

Week #4

HOUSEHOLD WEEK! Toilet Paper, laundry soap, paper towels, household cleansers.



“Who Pulls the Puppets Strings?”

Sunday, June 3rd at 12:15 PM

with Dr Jon Mundy

Suggested donation: \$20 - \$30 (no one turned away)

This workshop is all about the body, the ego, the decision maker and the dreaming of the world. It's based on the Teaching of *A Course in Miracles*. Jon Mundy met Dr. Helen Schucman and Dr. William Thetford in 1973. They, along with Dr. Ken Wapnick introduced him to *A Course in Miracles* over a year before its publication. Helen served as Jon's counselor and guide until she became ill in 1980.



Jon (Rev. Dr. Jon Mundy, Th.M.) is an author, lecturer; minister, since 1985, the publisher of *Miracles Magazine* www.miraclesmagazine.org, and Executive Director of All Faiths Seminary International, in NYC. He is Co-founder in 1981 along with Rabbi Joseph Gelberman of the New Seminary for the training of Interfaith Ministers and in 1989 the Co-founder along with Rev. Dr. Diane Berke of Interfaith Fellowship with services in Cami Hall across from Carnegie Hall, in New York City.

He is the author of 9 books including his newest book, *Living A Course in Miracles*, published by Sterling Ethos, of NYC, a division of Barnes and Noble. His writing include *What Is Mysticism?*, *Missouri Mystic*, *Awaken to Your Own Call: A Comprehensive Introduction to A Course in Miracles*, *Listening to Your Inner Guide*, *The Ten Laws of Happiness*, *Money and Jesus*, *Search for the Center*, and *Learning to Die*.

Roger Mock & Mark Shepard in Concert

Saturday, June 9th @ 8:00 PM

This will be an evening of original music, favorites and perhaps a few surprises.

Suggested donation \$10, or whatever works for you.

A Beautiful Spiritual Life:

Opening the Heart and Quieting the Mind in Challenging Times workshop with John Welshons



Sunday, June 10th

12:15 PM – 3:15 PM

There are moments in life when we wonder what it's all about. We wonder why suffering exists. We yearn for deeper spiritual connection, but it often seems elusive. Loss and disappointment affect our lives randomly and unpredictably, and our faith quivers. We question how our Creator can be all-loving and all-powerful, yet allow tragedies to occur.

In this workshop John Welshons will share a rich variety of spiritual practices and perspectives designed to help us deal effectively with life's difficult moments. We will learn to find meaning and spiritual connection when our prayers seem to go unanswered, and how to meditate when the mind is filled with agitation and anxiety. We will come to a deeper experience of our true nature, our highest consciousness, the sacred place at the core of our being.

Suggested donation: \$25.00 - \$35.00 (no one turned away)

John Welshons (“Ramananda”) is a highly respected contemporary spiritual teacher who lectures and leads meditation courses throughout North America. He has been a practitioner of *vipassana* (mindfulness) meditation and various forms of yoga for more than forty years. He has also traveled and studied extensively in India. He is a gifted counselor and teacher who has worked closely with Ram Dass and Stephen Levine and trained with Dr. Elisabeth Kübler-Ross. He is the author of *One Soul, One Love, One Heart: The Sacred Path to Healing All Relationships*, *Awakening from Grief: Finding the Way Back to Joy* and *When Prayers Aren't Answered*.

John will also offer private consultations on June 9th & 11th.

These sessions last 2 hours and cost \$125. To schedule private session email John at: johnwelshons@earthlink.net.

Love! Love! Love!

Deepening your Understanding of Rumi's Mystical Poetry, Workshop with Peter Rogen

Sunday, June 17th

10:00 AM worship service

12:15 PM workshop

The morning talk will give a broad overview of Rumi's world view of love as the strongest unifying force in the universe and offer several verses that reflect accordingly.

In the afternoon program, in addition to amplifying the morning talk, members will be asked to join with Peter in reading many of the poems aloud and briefly discussing each one together. Mystical poetry was always meant to be read aloud as well as silently in order to help the reader "embody" the spirit of the poem.



Suggested donation for workshop: \$20.00

About Peter Rogen

In school starting a Dramatics Society, then winning a Rockefeller Grant to study in the American theater and performing Shakespeare with the Helen Hayes Equity Theater at the Brooklyn Academy of Music...

In the business world, founding a communication consultancy that now has a hundred consultants in ten countries; then retiring and turning to study the arts and cultures of Asian and Middle Eastern peoples...

In listening to Professor Coleman Barks reading his translation-versions of Rumi's poetry, I heard new dimensions of communication, meaning, and beauty...

And a wish was created to help other people discover Rumi's poetry.

Unity Coffee House

Saturday, July 21st 7:00 – 10:00 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. And yes, the fellowship hall will be

air conditioned by then!

Follow Your Yellow Brick Road:

Awakening Courage, Compassion and Inner Knowing for the Journey Home

Sunday, June 24th 12:15-2:45



with Coach Cary Bayer

In this highly interactive workshop, *Follow your Yellow Brick Road and Zen Teachings of Oz* author Cary Bayer helps you gain momentum on your inner journey to

Enlightenment. Moreover, it offers a "Yellow Brick Road"-a series of daily inner exercises inspired by *The Wizard of Oz*-that returns you to your true "home," your Higher Self, or inner Spirit within.

The workshop awakens valuable qualities for your inner journey: courage, desperately sought by the Cowardly Lion; compassion, which the Tin Man sought; and wisdom, the Scarecrow's longing. It helps you realize that no wizard or guru has all the answers to *your* quest; but with the *facilitation* of a Good Witch (Therapist, Guru or Coach), *you* can find those answers as you find your way home to peace. These essential qualities are awakened through interactive processes that include one-on-one verbal dyads and journaling. You'll gain a much clearer understanding of where you are on your journey, and what areas you need to work on to speed up your progress. In a delightful and fun way, this workshop provides tools to help make the dreams that you dare to dream come true. Your "investment" - \$25

Church In The Park

at John Boyd Thatcher Park

Sunday, July 8th

Services - at 9:30 and 11:00 AM

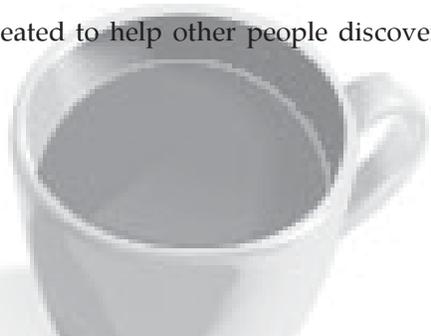
Pot Luck Picnic at noon (covered dish)

We have a SHADY SHELTER 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 a big grill ready for you.)
- Lawn chairs or blankets (There are plenty of picnic tables.)
- A drum if you have one for the 9:30 "Cliffside Service"
- Friends, smiles, suntan lotion, Frisbees, games, walking shoes

Free parking, accessible restrooms, easy access and just 25 minutes from Albany



Looking Ahead!



Guest Speaker Jackie Hawkins

Sundays, July 29th & August 5th at 10:00 AM

Elaine Silver in Concert

Saturday, August 11th at 7:00 PM

Sunday Service, August 12th at 10:00 AM



Victoria Moran

**Sunday, August 19th
10:00 AM Service &
12:15 PM
Workshop**



sign up for...

Unity's Fall Retreat with John Welshons

October 5-6 (Fri-Sat)

"One Soul, One Love, One Heart: Meditations and Reflections on Inner Peace and Peace in Our World."

Join us for a restful, restorative retreat in the beautiful Dominican Retreat Center in Niskayuna. Our time together will include sitting meditation, walking meditation, and mindful dharma discussions led by Ramananda, John Welshons. Spend a couple of days in meditation and contemplation, quieting, relaxing, and deepening your spiritual connection, both alone, and in community with fellow seekers. This year we will have fully use of the center, including the chapel, throughout our retreat. The cost is \$175 which includes all meals, a private room, and all retreat activities. A \$75 non-refundable deposit is required with your registration form.

Early registration for Unity Church attendees only: June 10 – July 10

Open registration for the public begins July 11th. We expect this retreat to fill all 44 rooms at the Dominican Cen-



Unity Book Club News

Book Club selection for May-June

American Veda: From Emerson & the Beatles to Yoga & Meditation, How Indian Spirituality Changed the West

This book chronicles the history and influence of India's spiritual teachings in America. It includes the story of how Vedic ideas found their way into Unity and other New Thought teachings. *American Veda* was named as one of the top ten books on religion in 2010 by the Huffington Post and in 2011 by the American Library Association.

The author, Philip Goldberg, is a spiritual counselor, meditation teacher and ordained Interfaith Minister. The author or coauthor of 19 books, he lectures and leads workshops throughout the country. A novelist and screenwriter as well, he lives in Los Angeles, where he founded Spiritual Wellness and Healing Associates (SWAHA). He blogs regularly on the Huffington Post is Director of Outreach for SpiritualCitizens.net and Intent.com.

Rev. Jim will lead a discussion on the book Sunday July 1st at 11:45 AM.

Book Club selection for July-August

Dying To Be Me, by Anita Moorjani

In this truly inspirational memoir, Anita Moorjani relates how, after fighting cancer for almost four years, her body—overwhelmed by the malignant cells spreading throughout her system—began shutting down. As her organs failed, she entered into an extraordinary near-death experience where she realized her inherent worth . . . and the actual cause of her disease. Upon regaining consciousness, Anita found that her condition had improved so rapidly that she was released from the hospital within weeks . . . without a trace of cancer in her body!

As part of a traditional Hindu family residing in the largely Chinese and British society of Hong Kong, she had been pushed and pulled by cultural and religious customs since she was a little girl. After years of struggling to forge her own path while trying to meet everyone else's expectations, she had the realization, as a result of her epiphany on the other side, that she had the power to heal herself . . . and that there are miracles in the Universe that she had never even imagined. In *Dying to Be Me*, Anita what she learned about illness, healing, fear, "being love," and the true magnificence of each and every human being!

Book Club selections are available in our bookstore and in Kindle format from Amazon.com

Spotlight on Service

By John Daubney

John Daubney

Turnabout is fair play! I have been privileged to interview some amazing souls and write this column for 7-8 years now, and I figured it was high time for me to let you in on my journey with service at Unity.

When I arrived at Unity Church I was on a mission to understand how Jesus and I related to each other. It's that simple! I just could not make sense to what I had been told about Jesus, and as a result my spiritual path was very confusing. As well, I was hungry to be in a church that fed me spiritually and helped me to feel real connection to the congregation. My experience at services in the churches I had been attending left me feeling very empty. This no criticism of those churches but my spirit was crying out for a more profound spiritual experience. From what some close friends like John Reith and Ron DePersis were telling me, it sounded as if Unity might be that place.

I will never forget the eerie feeling of entering a brownstone building - that was not a church - for my first Sunday service at Unity... I had never been in a church that was not a traditional church! Well, within the first half-hour of the service, Pastor Wells spoke of the Christ presence, as the spiritual potential we each hold within ...each and everyone of us!! I was home! From someplace deep within, I experienced a resounding yes! I will never forget the happiness I felt at expanding my vision of who I was, and at the spiritual potential I had within me. I also was very moved by the love I felt among the people in the church that day. I wanted to be part of this congregation.

Early on I was influenced by the service work of Audrey Madison, Phyllis Pulver, and Ron and Betsy DePersis. They all gave of themselves and seemed to be very happy as a result! I was impressed and inspired. Eventually I found ways that I could start to become involved as well.

Since coming to Unity my service jobs have included Music Coordinator, ushering, money counter, teaching the new member class, cleaning the church, and singing with the choir. Currently I am: serving on the Unity Cares Committee; teaching the new member class; helping to facilitate the quarterly Coffee House/Open Mike Nights; and have really enjoyed writing this column for the Unity Messenger for the last 7-8 years. My early service jobs as usher

and money counter were easy and not complicated, and I saw them as a good place to start. They helped me to feel part of which I really needed. As time went on, however, I began to be drawn by jobs that were in line with my gifts for leading and bringing people together; jobs like teaching and coordinating Sunday's music. These were great opportunities to serve while doing what I love to do and having fun. I remember Rev. Wells encouraging people to serve in ways they felt drawn to, instead of performing service out of guilt or solely from a sense of obligation. I began to see, also, that service gave me a real lift whenever I would ask God to let me be a "channel" for Him to work through. That helped me to put aside my fears so I could

let God supply me with the wisdom, courage, and love to do what my task called for. God came through every time, and I was amazed! Since then, that spiritual principle has been a guiding rule for me in everything I undertake. Otherwise it is easy for my ego to take over, making me vulnerable to fear and anxiety. For that I am so grateful!

I am also very appreciative of the support and encouragement I experienced from Jim Fuller over the years—when I brought up the idea for writing this column, when I suggested starting a Coffee House/Open Mike Night with Deb Burger, and then again in volunteering to be the church music coordinators for two years. These were service jobs I had no experience at, yet felt called to serve in because of my love of music, bringing people together,

and a budding desire to write. I can never thank Jim enough for his willingness to give me the go-ahead in all of these activities. Each of these service positions has profoundly influenced my life, allowing me to experience more of what I am capable of.

I have discovered, through service, that if I will put my trust in the Holy Spirit and wed that trust to a higher purpose beyond self, I can handle just about anything. My confidence today is not so much in my personality and ego as it is in the absolute faith that God will guide and strengthen my efforts if I trust God. From someone who was filled with fear not so many years ago, I have found a faith that works. I believe we are all so much more than we ever dreamed possible.

I encourage anyone who has not yet performed service to jump in to any job that you feel drawn to. You will find in that activity a spiritual boost as you forget yourself for a time, and instead do what we were each created to do; that is to serve one another, and in that service to discover who we really are: "loving creations of a loving Creator."

— John Daubney





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ADDRESS SERVICE REQUESTED

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!*

Summer Worship Schedule

One Sunday Service at 10:00 AM
May 27th through September 2nd
(Memorial Day — Labor Day)