



# The Messenger

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

## A Community of Practice

A TOURIST ASKS A NEW YORKER, "How can I get to Carnegie Hall?" The man replies, "Practice, practice, practice." This is true in the performing arts. It's true in sports and in sciences. And it's true in spiritual matters as well. How do you learn to meditate? How do you find inner peace? How do you become spiritually grounded? Practice, practice, practice. Many of us have spent decades, perhaps lifetimes, practicing the art of ignoring the spiritual dimension; our spiritual dimension and the underlying spiritual nature of our world. We have become great performers of "being human" but this has been accomplished at the expense of our spiritual awareness. Sadly our human self only lasts for a rather short period of time whereas our spiritual self is timeless. Churches and other spiritual gatherings are places where we come together to practice, practice, practice - tuning back toward our timeless spiritual nature.

Perhaps you have noticed that it is fairly easy to feel uplifted or inspired while you are at church? Most people comment that they are able to meditate much more easily during services, workshops or group meditations. This is because the collective spiritual intent of the community is actually supporting them in their practice. The community doesn't even need to be focusing on them for this to occur. A collective attention turning toward God or Spirit makes it easier for all present to tune in. The poet Rumi used the analogy of resonating strings of a lute, a guitar-like instrument. When one string is plucked the others begin vibrating automatically. When one or two people begin vibrating with the intent of spiritual connection, the vibration of connection begins to stir within all those around, even those who consider themselves spiritually unskilled.

This is illustrated by a parable concerning a poor man who lived in a poor village. The man was hungry and wanted something to eat but he had no food, only a kettle. So he filled his kettle with water, built a fire around it and dropped in a few smooth stones. A neighbor saw him do-

ing this and inquired, "What are you doing?" "I was hungry" the man replied, "so I decided to make stone soup." "Well I only have one onion" the neighbor said, "but perhaps that would help the soup along." Another neighbor overheard and offered a few beans. One by one the people of the village contributed what they had. None had very much but eventually the kettle was filled, the stones were set aside, and together everyone had a delicious meal.

When we come together in community, sharing what we do have, the entire community is "fed", not just physically but spiritually. I often say that as each person brings his or her nickel's worth of willingness, faith or dedication; we collectively have a wealth of spiritual consciousness and connection. The whole is definitely far more than the sum of the collective parts.

It is important for each of us to realize that we need people to practice with. Jesus points toward this when he states, "Where two or three are gathered together in my name, I am there with them." (Matthew 18:20) Gathered "in my name" means in the way that Jesus taught, not simply speaking his name. We will recall that Jesus' teachings focused on loving one another, trusting in God, and going into "the desert" or "our closet" to pray - connecting in the silence. When we do this collectively we strengthen our connection with his teaching, with the living Christ consciousness and with God. It is, he notes, as if he were present with us in person. Indeed he is.

Most of us are not yet ready to appear as spiritual practitioners at Carnegie Hall. We are still attached to many old religious ideas that aren't particularly helpful. Our ability to quiet our minds or pray in times of trouble is often poorly developed. Our ability to hear and sense guidance or to



By Rev. Jim Fuller

## PRESIDENT’S CORNER

By John Frederick



It’s astounding! The number of things that are going on at our small church are simply astounding. And what is even more astounding, is it is all happening in ways that are (seemingly) effortless. We are a Taoist Center of Excellence®

Oh, that is not to say that people are not putting forth effort. A lot of people work very hard around here. Reverend

Jim. Barbara in our office. Roger and Mark. The Board of Trustees. All of the volunteers who do one thing once.....or one thing regularly.

The “effortlessness” of our effort is in the naturalness of it all. It just Flows! It just happens. It’s done with JOY and GRATITUDE and LOVE.

Energetic music is provided each week. The bookstore has someone staffing it every Sunday. More people are bringing more food (and MORE FOOD!!) downstairs for hospitality. Unity Cares people are ready to help when called upon.

Ushers are ushering. Tellers are tellering. Gardeners are gardening. Jim is Jimming. Kay is Kaying. (I’m channeling Steve Holmes here, if you haven’t noticed).

Congregants are congregating.....for that is a very important form of Service.

The Tao of the Sage is Work without Effort. The Master does nothing, yet through her All Things are Done. Everything happens without rancor, minimal planning (mostly) and with Ease. The proof of that is the sustainability of it all.

And the Increase in it all. We are open to receiving more, so we are open to giving more. We are in touch with Source whenever we toss a salad, pull a weed, teach a child or sing a note.

Thank you God for your Vibrant Energy manifesting in and through our Church Community!

### REMINDER!

The Unity Church Board meets once each month. Our next meeting is Thursday, August 9th at 6:00 PM in the church Library.

The Board Agenda always holds a place for “Congregant Requests” at the start of each meeting. Any congregant is invited to attend a board meeting to observe or to bring a request or suggestion to the board.

## S.E.E. AND YE SHALL FIND

To deepen their spiritual awareness and understanding of Unity Principles, a group of Unity Church in Albany congregants are exploring Spiritual Education and Enrichment (SEE), a series of on-line classes offered through Unity Village and the Unity School of Christianity. This series of 25 short courses can be done solely on-line, but there is talk of taking a trip out to Unity Village to take some of them directly.

The group will meet semi-regularly together and with Rev. Jim to support and enrich each others’ learning. If you would like to participate, please see Rev. Jim, John Frederick or Heather Diddel. You can log onto <http://content.unity.org/education/see/index.html> for more information.



## Unity Book Club

*The Untethered Soul* by Michael Singer

### (October-November selection)

In *The Untethered Soul* - a New York Times bestseller - spiritual teacher Michael Singer explores the question of who we are and arrives at the conclusion that our identity is to be found in our consciousness, the fact of our ability to observe ourselves, and the world around us. By tapping into traditions of meditation and mindfulness, Singer shows how the development of consciousness can enable us all to dwell in the present moment and let go of painful thoughts and memories that keep us from achieving happiness and self-realization.

Whether this is your first exploration of inner space or you’ve devoted your life to the inward journey, this book will transform your relationship with yourself and the world around you.

*The Untethered Soul* walks you through your relationship with your thoughts and emotions, helping you uncover the source and fluctuations of your inner energy. It then delves into ways to free yourself from the habitual thoughts, emotions, and energy patterns that limit your consciousness. Finally, with perfect clarity, this book opens the door to a life lived in the freedom of your innermost being.

Book discussion with Rev Jim on Sunday, November 25th.

## Quest Study Groups Forming

If you are looking for a way to better understand and integrate Unity's New Thought Teachings, this study group is for you! The Quest is a 48-week series of lessons that explore Unity teachings and your own spiritual beliefs. Each lesson includes a brief reading and questions/exercises to reflect on. The weekly study group is your opportunity to discuss the readings and share your discoveries with others studying the Quest.

Our study groups will meet Monday and/or Thursday evenings beginning the week of October 15th. (Participants will select the day and time.) The first meeting(s) will be an introduction and orientation to the Quest. If you are interested in participating, please sign up in our Bradford Street Lobby. Quest books (a two book set) are available in our bookstore. For further information please speak with Rev. Jim.

## New Member Class

### Sundays at 12:30, beginning October 14th

Would you like to join Unity Church, or just learn a bit more about us? If so we invite you to participate in the six-week class we call "Unity 101." We offer this membership classes each fall and spring. Our fall class will meet Sundays from 12:30 until 2:00 PM starting October 14th. The class is open to everyone. It is required for those wanting to join the church. Please know you are not required to withdraw your membership from other churches to join Unity. And there are no financial commitments. 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 (that would be roughly since last Easter) attend Unity 101 classes, and read a short booklet "Unity A Quest for Truth" by Eric

## A Community of Practice continued —

find the inner strength needed to follow it may be weak. We may think of ourselves more often as human animals rather than as spiritual beings. But with practice, practice, practice each of these seeming obstacles can be overcome. After all we are already spiritual beings. We are spiritually interconnected with our Creator, with Jesus and other teachers, and with each other. We all have a great inner potential just waiting to be unlocked. It's already ours. What we need are places to practice finding and focusing our hidden spiritual wealth. At the present time you may feel so far removed from achieving that goal that it's difficult to maintain your dedication. But notice what happens when you connect with others who are also doing their spiritual practice. With just a little effort you can begin to feel yourself becoming spiritually lifted, perhaps even inwardly connected. And each time that happens, your practice supports the community around you as well.

We are all on our way to whatever Carnegie Hall calls us. Each of us has an inner potential that wants to express itself through us and in ways unique to us. Individually we can each do some good things and bring some light into our world. But as we practice together we can release the greater potential of spiritual power that resides within the deepest parts of our being. In Unity we call that the power of our Christ self. It is the power of the creative Love of God in motion, moving through us individually and collectively as we practice, practice, practice the spiritual art of being.

*May each experience of practicing together bring us closer to our true selves and to one another; and may our coming together spark the release of the greater gifts that lie within. Amen*



## Got Pain? Get Relief!

### Sunday, December 9th at 1:00 PM

*Simple Techniques to Prevent and Relieve Pain*

Do you suffer from neck, shoulder or back pain? How about plantar fasciitis or TMJ? Learn and practice simple techniques that are amazingly effective. No spandex, yoga mats or weights required.

Ergonomic principles will be revealed and tested. Experience how a \$14 pillow can turn sitting and driving into a more pleasurable experience, how squeezing your shoulders blades together can lift your spirits, how resting a leg on a chair while standing can alleviate back pain. Consider this hour-long gift to your body.

Presenter: Deb Foss has a passion for sharing healing methods from a variety of disciplines, including Positional Therapy, Neuromuscular Massage, and physical therapy. She is a Kripalu certified facilitator, yoga teacher and bodyworker. Her warm, engaging style makes learning accessible and fun. You'll probably recognize her distinctive laugh.

Suggested donation: \$15



# OCTOBER TO NOVEMBER

# CALENDAR

## In the Flow of Life

with Rev Jim Fuller

October 10th – December 19th

Wednesdays at 7:15 PM (free)

This class is based on the book "In the Flow of Life" by Eric Butterworth. It calls us to live from the empowering realization that we are living expressions of God and that the allness of God is flowing through us in each moment. Together we will find ways to integrate this Truth into our consciousness and willingness to allow God-Life to flow through all parts of our lives.

Getting in the "Flow of Life" helps us to:

- Live our lives from the inside out
- Heal by altering our consciousness
- Open to the wealth of the universe
- Find guidance for every need
- Find the good in each situation
- Grow onward rather than just older
- Release our anxieties about death

Eric Butterworth (1916-2003) was a leading figure in the Unity movement. As a minister he conducted weekly Unity services at Avery Fischer Hall in Lincoln Center. He is the author of many best-selling books including *Spiritual Economics*, *Discover the Power Within You*, and *The Universe Is Calling*.

### The Next Newsletter —

Articles for the December/January edition of the newsletter can be submitted to Denise Klein at [katzr3@nycap.rr.com](mailto:katzr3@nycap.rr.com) by Sunday, November 18th. Your news articles, spiritual thoughts, poetry, photos, humor or suggestions are always welcomed.

## THE PATH OF LOVE:

### The Grace of Inner Peace

A workshop with John E. Welshons (Ramananda)

Sunday, October 7, 2012

1:00 PM – 4:00 PM

Suggested donation \$25.00 (no one turned away)

*What is Love?*

*How do I experience my Soul?*

*How do I find Inner Peace?*

*How do I translate Love and Inner Peace into action in the world?*

You will learn:

- Spiritual techniques to quiet the mind and open the heart
- How to be "in, but not of" the world
- How to transform everyday experiences into fuel for awakening
- How to get free from worry, fear, and anxiety
- How to live in love, peace, and joy

John will also be speaking at the 9:00 & 11:00 AM services

Private Heart-to-Heart consultations available October 8th & 9th (Monday & Tuesday.)

Email [johnwelshons@earthlink.net](mailto:johnwelshons@earthlink.net) for info or to schedule times.

John E. 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 Welshons is a wonderful teacher! When I read his book, ONE SOUL, ONE LOVE, ONE HEART, it feels like it is coming from my own heart." - RAM DASS

## THE TAO, The I CHING and UNITY

Facilitated by John Frederick

Sundays: September 30th,

October 14th & October

28th, 12:30-2:30 PM

The Tao, or The Way, is a spiritual philosophy that traces its origins back nearly 4,800 years. The Tao Te Ching is the most commonly associated text in "Taoism". The I Ching, or the Book of Transformation, uses the chance throwing of sticks or coins to create a series of distinct scenarios, which point to where things are moving....in the Universe and in your own personal journey. These two systems of understanding the world are perhaps some of the oldest and most universal. They inform everything from Buddhism and Hinduism to the teachings of Emerson and the Transcendentalists which in turn inform the Fillmores and Unity.

Cost: \$20 per class or \$50 in advance for all three. Suggested readings: *The Tao Te Ching*, translation by Stephen Mitchell and *The Tao of Pooh* by Benjamin Hoff.

## Buddy Mondlock in Concert

Friday,

October 19th

7:30 PM (\$10)

Buddy Mondlock writes songs. He does it so well that songwriters like Nanci Griffith and Janis Ian record his songs on their albums. But there's



nothing like hearing the guy who wrote 'em sing 'em. When Buddy's not on the road you can find him in Nashville but he grew up in Park Forest Illinois, a suburb of Chicago. He didn't have a troubled childhood. His parents were nice to him. They paid for guitar lessons when he was ten and they never said, "When are you going to get a real job?" He sang Crosby, Stills and Nash songs with his sisters and answered his little brother's questions from the top bunk.

Guy Clark heard Buddy singing one of his songs under a tree at the Kerrville Folk Festival and liked it. So Guy went back to Nashville, opened the door and said, listen to this kid, he's good! A publishing deal and a U-Haul heading south soon followed. In 1987 he was a New Folk Award Winner at Kerrville and released his first album called On the Line. In the next few years David Wilcox recorded The Kid. Buddy did some writing with another new kid named Garth Brooks. Later on Garth became a star and Every Now and Then ended up on his album The Chase. Janis Ian heard Buddy at the Bluebird Cafe and asked if he'd like to write with her. Their song Amsterdam was recorded by Joan Baez. Nanci Griffith asked Buddy to sing on a show she was taping for Irish television. She ended up liking that song so much that she recorded Comin Down In the Rain on her Grammy Award winning collection Other Voices, Other Rooms.

In 2000 Buddy collaborated with the legendary Art Garfunkel and Maia Sharp. The three of them wrote and recorded an album together called Everything Waits To Be Noticed. The trio toured America and Europe. Now Buddy's back with a new solo recording, hitting the road performing and leading songwriting workshops, and of course, writing songs.

## Bring A Friend Sunday & Pot Luck Lunch

**Sunday, October 21st**  
**Services at 9:00 & 11:00 AM**  
**Pot Luck Lunch at 12:15 PM**

Many people "find a church" when they hear about it from a friend. Our Bring A Friend Sunday is your opportunity to introduce a friend to Unity. And to make it more of a special day we are also holding a pot luck lunch right after the 11:00 service. Bring a friend, bring a covered dish, and spend some time with your Unity community.

## Fall Clean Up Day

**Saturday, October 27th**  
**10:00 AM – 2:00 PM**

Dan Moore, our custodian, does a great job keeping Unity Church clean and presentable. But we all know that every now and then there is a need to scout out cob webs, remove hidden dust, and really scrub down kitchens and other areas. Please help us as we dust, wash windows, clean kitchens and make our church home sparkle.



## Unity Coffee House

**Saturday, October 27th**  
**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.

## Discovering the Sacredness of Breath and Sound:

*A Spiritual Sound and Breath Meditation Workshop*

**Sunday, November 11th**  
**1:00-3:00 PM**

**Workshop with Phil Shiva Jones (\$20)**



Australian interfaith minister and recording artist Phil Jones will present an interactive workshop teaching meditation and simple breathing techniques with the Australian didgeridoo. The didgeridoo is an ancient mesmerizing drone instrument made from a eucalyptus tree and traditionally played in ceremony and healing by the Aboriginal clans of Australia. Playing the didgeridoo creates soothing and resonant harmonics that easily erase the 'monkey chatter' in the mind – enhancing mental clarity and emotional equanimity.

No musical experience is necessary. All participants will be provided an instrument to play during the workshop.

Phil studied seven years with an enlightened Hindu teacher (1968-1975) and parallels the didgeridoo, a non-denominational meditation accelerator, with Eastern Philosophy, New Thought, and Aboriginal Traditions. He was the lead singer and songwriter of the renowned English band Quintessence (Island Records/RCA), where he pioneered the merging of sacred Sanskrit mantras into a modern musical format during the late 1960's and 1970's. As an interfaith minister and singer, he speaks and performs at churches and spiritual fellowships, universities, yoga studios and wellness centers across the USA.

**MORE CALENDAR**

# CALENDAR

## “Tales of Everyday Magic”

### Sunday Film Series

**November 18, December 2 & 16, January 6**

Tales of Everyday Magic is an anthology of films based on the work of Hay House authors including Louise Hay, Wayne Dyer and Gregg Braden. The series explores magical moments in our everyday lives that align with Spirit and lead to our self-discovery and higher destiny. Copies of the 50 minute long films will be available for purchase following the showings. All showing at 12:45 PM (free)

## Thanks Giving Day “Pot Luck” Lunch

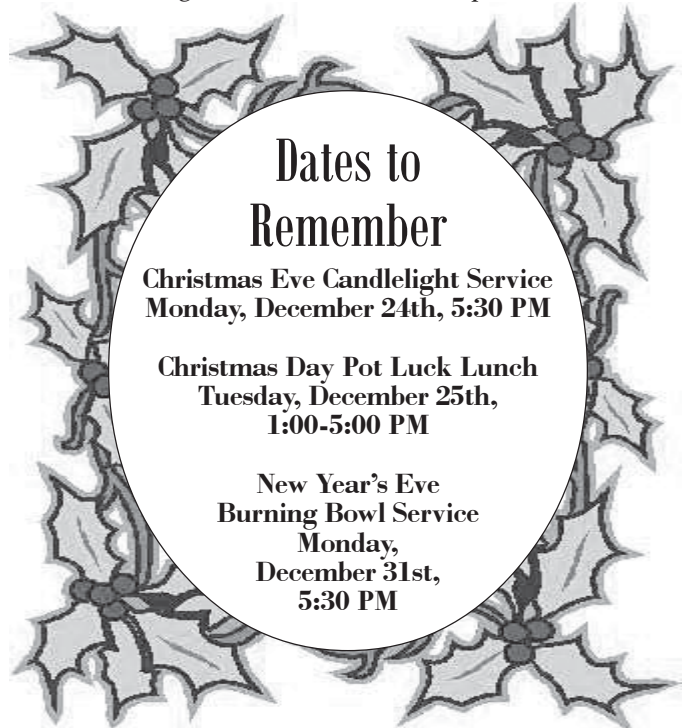
**November 22nd, 1:00-5:00 PM**

Reverend Jim and Kay invite you to join them for lunch on Thanksgiving Day. This covered dish banquet is open to congregants, families and friends. Due to space restrictions advance registration is now required. Look for the signup sheet in our Bradford St. Lobby. We hope you will join us as we celebrate Thanksgiving and spend time with our church family.

## Church Christmas Party

**Saturday, December 1st at 7:00 PM**

Join your Unity friends for an evening of fellowship, songs and fun. Everyone is invited, so feel free to bring family and friends. Light refreshments will be provided.



## Join Reverend Jim & Kay for a “Field Trip” to Manhattan

*Attend the annual Paul Winter “Winter Solstice Concert”*

**Saturday, December 15th at 2:00 PM**

**Cathedral of St John the Divine**

**1047 Amsterdam Av (at 111th St) NY City**

This year’s program is: “For the Love of Ensemble: A New Solstice Adventure”

Here’s what Paul Winter says about the program... Instrumental ensembles have been alluring to me since I was five years old, from the night my parents took me along to a dance, in my hometown of Altoona. They parked me on a chair behind the dance band, and I sat the whole evening transfixed by the drummer, and everything he was doing with his hands and feet; but also impressed by how happy all the people seemed to be when that music was played. I think the seed for my life-journey with music was planted that night.

This year is the 50th anniversary of my first professional band, The Paul Winter Sextet, which emerged in Chicago during my years at Northwestern University, and went on to have some remarkable adventures in the two years of the band’s existence. Immersed this summer in our original recordings, I’ve realized the extent to which the Sextet has been the father of our Consort, and how our Solstice celebrations, over these past three decades, really evolved from the multi-cultural experiences of the Sextet in our grand six-month tour of Latin America in 1962, hearing traditional music in 23 countries. So I’ve been excited about the idea of “a meeting of the bands,” and having our reunited Sextet be special guests of the Consort during this year’s Winter Solstice Celebration. The Sextet will offer a suite of pieces from our original repertoire, and also join with the Consort in new music for the ensembles together. We hope you’ll join us for this adventure.

Here’s our plan... We will each purchase our own tickets for the 2:00 PM show on Saturday, December 15th, reserved seating or general admission. ([www.solsticeconcert.com](http://www.solsticeconcert.com)) Saturday morning we will carpool to the city (take the train or bus if you like) and meet at the cathedral entrance at 1:00 PM. You can also join us for lunch at Le Pain Quotidien, 2463 Broadway (at 91st St) at 11:30 AM and then walk (20 short blocks) or take the subway or a cab up to the cathedral. Those who want can also gather for coffee or dinner after the show. The performance is about two hours long and is a feast for senses and spirit.



## Spotlight on Service

By John Daubney

# Paul Frament



*A life that contains a reasonable degree of service to others through using our God-given skills in carrying out activities that bring us joy, a sense of fulfillment, and purpose, is a life well-lived. As the old saying goes: "You can't keep it (happiness) unless you are willing to give it away." Paul Frament experiences happiness and has*

*fun" while serving others. Rather than consider service a "chore," Paul considers service a blessing.*

"Often, the concept of service conjures up thoughts of effort, difficult tasks, and sacrifice. I have a different slant on providing service. I look for activities where I have some skill, enjoy the activity, and would be pleased to participate for my own fulfillment. Then, if I can find a situation where I can have fun, and be helpful to someone else, that is like having my cake and eating it too.

"One example of my brand of service is my volunteering as a coach for the Cougars, a Special Olympics Hockey Program. I thoroughly enjoy physical activity, especially skiing and hockey. When, I learned that I could skate for free, and be of service at the same time, it was like realizing that life can be easy. When I volunteered, I expected that working with Special Needs youngsters might be difficult. But, it turns out that my new hockey buddies are just like everybody else: they need extra help in some areas, but are fun and interesting in many other areas. What a concept: Getting credit for being of service when all I'm doing is having fun.

"I began service at Unity after Dottie and I had been attending services for two years. When we were first looking for a new church home, and came to check out Unity, the furthest thing from my mind was that we would choose to go more than once a month to a church that was 30 minutes from home. Well, as everybody knows, Unity is different. The spiritual education, the music, the enthusiastic Sunday service, and the people all make the 30 minute drive a minor effort. We have now been attending Unity regularly for about 7 years.

"My first foray into service at Unity came after taking the 48-week Quest class where I learned that when I forgive those who I think have wronged me, I gain peace and hap-

piness, and, when I am generous with my possessions, I become more prosperous.

"So, after gaining so much, I decided that a good way to show my thanks was volunteering to lead a Quest class myself. I believed my newly acquired insights would help guide the next group of students. My plan was to sign up for the class, help get them started, and then drop out. Well, the class was so small; I felt that they needed me. So I stayed for the entire 48 weeks, and I learned so much more the second time. My intention to offer service actually served me, more than the group I was intending to help.

"At Unity I have also found a number of easy ways to make a difference. After enjoying the food and friendship during the hospitality time on Sunday, simply taking a few minutes to put away chairs or carry dirty cups into the kitchen is easy, and requires no special skills. I am only one of many people who quietly and cheerfully extend the effort to clean up after Sunday hospitality and Wednesday evening classes. I find that those few minutes of working together, build friendships that are deeper and stronger than if I just attend Sunday Service.

My main area of service to Unity is working in our Peace Garden. There, a group of Unity members select, plant, feed, and weed the flowers that add beauty to our property. I do very little with the flowers, but instead I trim hedges and maple trees that try to take over Unity's property. Whenever I look at neat hedges and pretty flowers, I feel a sense of pride knowing that "I helped," even if others did the important work where my skills aren't so great. It is the feeling of being part of a great team that makes the effort worthwhile.

Another area where I am involved is pressing the buttons to display the words for songs and prayers at the exact perfect time (sort of). Our job title is "Operating the Sound Board". But, some combination of Jim Fuller, Roger Mock, and Mark Shepard adjust the various settings before the 9:00 Service, and I pretend that I am a doctor and "do no harm" by not changing anything. Again, even though I have no musical ability, I am allowed to be a part of the music ministry, and enjoy being part of an awesome team.

As I think about service to Unity, I am realizing that, for me, the main benefit of service is that it helps me to feel at home when I am at Unity. When I attend a function and look around and see people that I have worked with on various Unity projects, I realize that this is MY spiritual family, and we are all helping each other to create a loving and supportive community.

*"Let yourself be silently drawn by the stronger pull of what you really love."*

*Rumi, Sufi mystic and poet*



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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, 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!*

**2012 Board of Trustees**

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Vice Pres. ....	Nancy Wells ('15) .....	783-8528
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**Sunday Services at**  
**9 & 11 AM**  
**Childcare & Sunday School**  
**available at 11 a.m.**