



The Messenger

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

The Secret to Love

WE READ IN OUR BIBLE that, "God is Love, and those who abide in love abide in God, and God abides in them." (1 John 4:16) Jesus even expands upon the traditional commandments by saying, "I give you a new commandment, that you love one another. Just as I have loved you, you also should love one another." (John 13:34) When we have people in our lives who love us this seems easy. They love us and we feel loved. But what if my boyfriend, girlfriend, child, parent, pet or partner doesn't love me? Or what if I don't currently have a boyfriend, girlfriend, child, parent, pet or partner? How can I feel loved then? Where can I look to find the love I need?

Most of us have experienced times when love seemed to be in short supply. Perhaps we resolved this by finding someone new to love us? Perhaps we adopted or purchased a pet, a love-object less likely to leave or to criticize? Now we have someone to love us and we feel better. But how secure is this love-relationship? How will we feel when it changes or ends? Some people solve this dilemma by limiting their friendships or staying out of relationships altogether. Others wander from friendship to friendship, relationship to relationship throughout their life, touching upon love at times,

lamenting its absence at others.

While it is wonderful to have people in our lives who love us they aren't the real source of the love we feel. The secret to love is this, when you feel love in the presence of another, what you are actually feeling is your own love moving out from you. You could have a thousand people loving you and still feel alone and cut off from love. Or you could be standing stand alone in your home or church or shopping center and feel totally bathed in love's wonder. Love is not something that others give you. It's not something that some external God sends down from heaven. Love is what you are. You feel love when you allow it to move out from you. Just like the money in your purse or wallet, it is of no value to you until you open up and let it out. The richest person on the planet might starve to death if they refused to open their wallet and use what was in it. The same is true for love.

We might imagine that each part of creation, you and me and all things, came into being when the Mind of God said, "I Love..." Each part of God's creation is made of love. You and I are made of love. When we share the love that we are we allow love to flow

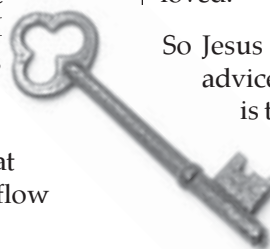
through us. When we create things, inventions, buildings, jobs, art, food, we are saying, "I love..." Sometimes we send our love out creatively and wisely. Sometimes we love in ways that we later realize were not-so-helpful. Everything we create, build or do is either an expression of love or an attempt at expressing love.

Since we are literally made of love we can never run out of love. There is always more love to create with; love for creating inventions, jobs, art, food, and of course relationships. We can't run out of love but we can refuse to open our wallets (or hearts) and release the love we are. People have many reasons for refusing to let their inner love out. They may not feel safe loving others. They may be angry because others harmed or disappointed them in the past. But whenever we refuse to let love move out through us the result is always the same, we feel unloved.

So Jesus gives us some really good advice, "Love one another." This is the key to feeling loved. This is the key to experiencing closeness with God. This



By Rev. Jim Fuller



Continued on page 3

Web & Facebook - Sunday services & more

You can now listen to or download Sunday talks on our website. Just go to www.unitychurchinalbany.org and click on "listen". New talks are added weekly. There are also great songs and links on our "music" page. Or check out "Unity Church in Albany" on Facebook with weekly talks and posting from your Unity friends.

First Sunday Multi-Faith Music Services

In January we introduced an exciting new Sunday Evening Worship Service at Unity Church. Thanks to all who attended and made our first Multi-Faith service a great success.

Sunday evening services continue on the first Sunday of each month from 6:00 – 7:00 PM. Inspired by the Kirtan gatherings of the Hindu and Sikh traditions, these services will incorporate devotional music from various faith traditions. Look for meditative chanting, rousing Gospel songs, traditional and contemporary Kirtan along with our own original Unity Albany songs.

Services will include prayers, readings from variety of sacred writings, contemplative reflections by Rev Jim and others, and a time for meditation.

We will continue holding monthly services through the summer and expand into a weekly format in the fall. If you know someone who is looking for a spiritual home but can't make it in on Sunday mornings, please tell them about this new service. If you are that someone please join us as we welcome our Sunday evening congregation.

We are a spiritual community that is committed to growing in new and dynamic ways. We have a vision and commitment to serve and to inspire. We have talented leaders and great musicians. All we need is you.

If you are a musician or singer who would like to participate in Sunday evening services please contact with Roger Mock (765-2815) or Mark Shepard (203-804-1208).

Unleash Your Inner Writer —

Articles for the April/May edition of the newsletter can be submitted to Denise Klein at katzr3@nycap.rr.com by Sunday, March 17th. Your news articles, spiritual thoughts, poetry, photos, humor or suggestions are all welcomed.



Thank you from Rev. Jim & Kay

We wanted to take this opportunity to thank you, our Unity family, for your generous Christmas gift. We were deeply moved by the love and generosity that you demonstrated last Christmas and the love we have felt since we arrived here ten years ago. This fall we will celebrate our 25th wedding anniversary. Our plan is to travel to Jordan to visit our daughter who is working in Amman and while there to visit parts of the holy lands. And there will be a London stopover along the way. Thank you for helping make all our dreams a reality and for continuing to bless us with your love. We love you too.

*Blessings always,
Rev. Jim & Kay*

Unity Book Club

"The Divine Law of Compensation" by Marianne Williamson

In *The Law of Divine Compensation: On Work, Money, and Miracles* author Marianne Williamson provides a unique perspective on our financial condition through the lens of *A Course in Miracles*. She reveals a path to abundance by way of a powerful spiritual principle called the Law of Divine Compensation. The Law reminds us that when we lack faith in our higher selves and focus on the negative, we create and perpetuate our own negative circumstances. Conversely, when we trust in God and in love and all that can go right in our lives, we open ourselves to receive the miracles the universe is holding for us. This simple shift in how we think can have a monumental effect on what happens next.

In *The Law of Divine Compensation* you will discover how the power of your thoughts can attract—or deflect—miraculous breakthroughs in your life. The Law is not about hoping, dreaming, or wishing you'd win the lottery; rather it is about faith as a mental and emotional muscle you must exercise in order to benefit from. This powerful spiritual principle will help you overcome financial stress and unleash the divine power of abundance.

Rev Jim will lead a discussion on The Law of Divine Compensation: Sunday, March 17th at 12:45 PM.

Youth and Family News

We are all settling back in after the holidays and even though attendance has been light, the children are fully engaged in the lessons. Our younger group of elementary students are starting to learn about the Twelve Powers and how they manifest in their lives to help them with the challenges they face. The older group (middle school and High School) continue studying the Basic Unity Principles. Ann Marie is leading our teens in simple Yoga and the breath as a way to de-stress their busy lives. We take time out for special programs like Martin Luther King/Non-Violence, and of course Valentine's Day! Trudi is working with the youngest ones in the nursery with sharing and caring!

The staff welcome the addition of Ernie Klemm to our team. Erne will work with the younger students and brings a wealth of experience and good positive energy!

We encourage anyone interested in what we are doing to come visit anytime. And as you go about decluttering, we are on the lookout for gently used floor pillows, beanbag chairs, and picture books.

Be on the lookout for a fundraising event for our teens and a reception for all our parents and guardians later in the spring.

The Misspent Youth Band

Saturday, April 13th, 7:00 pm in concert on the "main stage"

Featuring Unity members: John Reith on vocals; Gary Allocco, guitar and vocals, Joe Coffaro, drums; John Daubney, guitar and vocals; with Mark Goldman, on keyboards.



Pete Furlong will be our opening act and will be providing sound for the concert.

Performing in their own soulful, joyful, and often playful style, the music of the 1950's through the present day, Misspent Youth performs songs that are at various times: deeply meaningful, tasteful and rollicking rock and roll, and pretty ballads. Be prepared for a night of familiar and maybe even exciting unfamiliar music that will lift your spirits, get your toes tappin' and bring a smile to your face.

Price of admission can't be beat at \$5.00!

Light refreshments will be available. A portion of the proceeds will go to Unity Church.

The Secret to Love, continued

is the key to experiencing the miracles and healings that come from allowing your inner God-Nature (Love) to heal you and provide for you. And if there are "difficult people" in your life, those who you still find hard to love, try extending compassion toward them. Compassion is a form of love that says, my brother I'm sorry you are feeling so un-loved or fearful that you feel un-able to share your love today. But I am willing to extend my compassionate love to you knowing that my prayers and desires for your happiness, wellness and freedom can help support you in your healing. No one sets out to live a miserable, angry or un-happy life, not you and not others. And while we may not want to move our "difficult people" into our homes or agree with some of their upset ideas, we can extend love toward them in healthy ways. And we can refuse to think or talk about them in negative and un-loving ways. Love alone heals and we have the power to extend love.

"God is Love, and those who abide in love abide in God, and Love abides in them." If you want to experience happiness, another word for heaven, try following a different commandment, "...love one another. Just as I have loved you, love one another." The secret to love is this, we only feel love when we open our hearts and let the love that we are flow out. If you feel that you can only love certain people or things look around for a couple more to add to your list. As you expand your list of lovable people, situations and things, even by just a few, you will begin to experience more love. Expand your willingness to love a bit more and you will find yourself feeling even more loved. And since your thoughts attract things that are like themselves, the more you love, the more others will find it easy to love you. That doesn't mean that you will "get" their love. Remember, the love you feel is your love moving out from you. It does mean you will be helping others release the love that is present within them. Imagine yourself becoming part of a collective releasing of love into our families, circles of friends and communities. What a lovely healing gift to offer your sisters, your brothers and your world.

*May the Love of God flow freely
through me, blessing everyone
and everything in my world;
and thereby allowing me to
experience the love that I am.
Amen.*





Winter Class with Rev. Jim

“You Can Heal Your Life”

Wednesdays at 7:15 PM, through March 20th

Louise Hay has one simple message to share: The body, like everything else in life, is a mirror of your inner thoughts and beliefs. Every cell within your body responds to every thought you think and every word you speak. This class will focus on healing through affirmative prayer and changing our inner patterns of thought using ideas from her bestselling book.

Please begin reading the book (at least the introduction and first few chapters) before attending the first class. Books, affirmation cards and other materials are available in our bookstore.

Guest Speaker - Rev Bill Heller

“Separation? I think not!”

Sunday, February 3rd Services



at 9:00 & 11:00 AM

The consistent message of Unity and A Course in Miracles is you are not separate from God. You never have been, and never will be. With this statement, truly known and accepted, what could you fear? So, what happened? Why don't we know this? Throughout the day, why don't carry this awareness, in our thinking? I believe we do know this:

deep within. I believe we have had glimpses of this Truth throughout our lives; we just weren't aware. Together, let's see what we can discover, what we can experience together.

Workshop at 1:00 PM

“Exploring A Course in Miracles and Unity”

The history of Unity and A Course in Miracles has provided many challenges along the way. However, if you were to consider the objectives of both teachings, you would find that any sort of disharmony that arose would lead Unity or “Course” students down paths completely contrary to the reasons for their respective teachings. Many

who study both have now found the common threads between these teachings, and the opportunity to integrate these on our path of spiritual awakening.

The purpose of this workshop is to present you deeper insights into both teachings, so that you are able to integrate both practices together, and bring greater, peace, clarity, joy, happiness, and forgiveness into your daily lives. We'll explore topics of our Oneness, of our eternal link to God, forgiveness, and cause & effect, both in Unity and The Course' message. We'll explore material from Charles & Myrtle Fillmore, along with the books associated with A Course in Miracles. The suggested love offering for the workshop is \$25.

Rev. William (Bill) Heller graduated from Unity Institute and was ordained as a Unity Minister in June, 2009. Since then, Rev. Bill has been Minister at Unity in the Foothills in Torrington, CT, worked in Silent Unity's telephone Prayer Ministry, been interviewed on Unity's Radio, and was published in Unity Magazine. He has also provided Sunday Lessons, workshops, and special services in California, Colorado, Missouri, New Jersey, New York and Virginia.

Presently, Rev. Bill is working with Rev. Paul Hasselbeck, co-authoring a book to provide a bridge of understanding between the teachings of Unity and A Course in Miracles. “The complementary nature of both teachings will forward the journey of any student of Unity's teachings or A Course in Miracles.” Rev. Bill and his wife, Kathleen reside in Watertown, CT.

Small Business Fair

February 10th & 24th

10:00 AM – 1:30 PM

Do you want to know more about your church community? Come see what individuals have to offer in the way of services and products at our annual Small Business Fair.

The event will warm you in the cold winter month. Because of overwhelming participation in the past, this year's event will include two Sundays, February 10th and 24th.

The fair will take place in the fellowship hall between services and after the 11:00 service. It is open to anyone with a small business who attends Unity Church.

For information on showcasing your small business, contact Bonnie Kriss: 373-2135 or tedandbonnie@hotmail.com



Saturday Movie — “SAMSARA”

Saturday, February 16th
7:00-9:00 PM

SAMSARA is a Sanskrit word that means “the ever turning wheel of life” and is the point of departure for the makers of this film as they search for the elusive current of interconnection that runs through our lives.

Filmed over a period of almost five years and in twenty-five countries, SAMSARA transports us to sacred grounds, disaster zones, industrial sites, and natural wonders. By dispensing with dialogue and descriptive text, SAMSARA subverts our expectations of a traditional documentary, instead encouraging our own inner interpretations inspired by images and music that infuses the ancient with the modern.

Expanding on the themes of their earlier films, BARAKA (1992) and CHRONOS (1985), SAMSARA explores the wonders of our world from the mundane to the miraculous, looking into the unfathomable reaches of man's spirituality and the human experience.

Neither a traditional documentary nor a travelogue, SAMSARA takes the form of a nonverbal, guided meditation. Through powerful images, the film illuminates the links between humanity and the rest of nature, showing how our life cycle mirrors the rhythm of the planet.

(Rated PG-13)

Shown in the sanctuary - Free



Unity Church Annual Meeting

Sunday, March 3rd at 12:20 PM

This year's Unity Church Annual Meeting will include brief reports from Reverend Jim and members of the church board. It will also include an election for two trustees to serve on the board. Only church members may serve on the board or vote for trustees. The meeting itself is open to members and non-members alike.



Pot Luck Lunch

Sunday, March 10th at 12:30 PM

It's time to cook up something interesting, bring it to church and spend some time with your Unity family. We are encouraging an “International” theme for the lunch. Everyone is invited and guests are always welcome. No advance signups or reservations required.

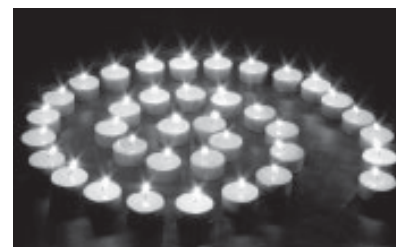
Maundy Thursday Worship Service

March 28th at 7:00PM

Foot Washing & Communion-in-Prayer

Join us for a simple service with a big impact. The service focuses on the metaphysical/symbolic meaning of Maundy Thursday. Everyone is welcome to participate in foot washing, or

hand washing if you prefer. Communion-in-Prayer is done inwardly with spirit and prayer rather than wine and bread. Guests are always welcome.



Of Freedom and Fences

By James Dillet Freeman

... Freedom! The word rings like a bell, doesn't it? It lifts the heart and stirs the passions. But just what is freedom? How free is free?

... I have a ... large, beautiful, extremely active dog. ... My dog has free access to the yard at all times ... and in house and yard she lives a very free life, for the most part doing only what she wants to do.

... My yard is fenced, but ... the fence is more of a mental limit than a physical obstacle. Any time she wishes, she could be over it like the wind. ...Not the fence, but only her own acceptance of the fence keeps her in the yard.

My dog and her fence have made me think about freedom in very different terms than I had ever thought about it before. I have come to realize that the fence does not keep her in bondage; it keeps her free!

Suppose she did jump the fence and go wandering off? Would she be free? ...How free would she be skittering frightened and bewildered through the unfamiliar maze of the city's streets?

...The fence does not limit her freedom as much as it guarantees it. ...Freedom is and always must be a relative matter. ...I may be free to step out of a window, but the moment I do, I lose my freedom. ...I am made captive and plummeted to earth by forces over which I have no control. I have asserted my freedom beyond my power to maintain it. I have gone beyond my fence.

I built my dog's fence. In the case of human beings, they themselves may have to build their fences. Not all, of course. Many of our fences have been built by wise and loving people who lived before us, examined the world—as I have for my dog—and realized where fences were needed if they were to preserve, and not lose, their liberty. If we are wise, we accept the fences raised for us by laws ... tradition ... religious belief ... the moral code ... good manners and consideration.

For if we go too far beyond the fences of reasonable restraint, we may find we have not extended our freedom, we have lost what freedom we had. To go too far is to come up short.

I wonder if we as a nation are still here after [234] years because the founding fathers were as aware of fences as they were of freedom when they wrote the Declaration of Independence.

...God made us to be free, for He made us in His image. That is why in the heart of every person stirs the desire freely to express his God-potential. That is why we feel a discontent with anything less than freedom. But we misinterpret it when we feel that it tells us to throw off every

restraint, every limitation.

There are two kinds of freedom in the world. We have to be free *from* and free *to*. ...For to be free means to be free *from* everything that keeps us from achieving our maximum potential, everything that weakens us. ... And it means to be free to grow, to achieve dominion over our self and all the forces at work in us, to develop and express our creative powers.

... We are, all of us, freest when we have the maximum control over ourselves and our lives, when we can say to ourselves, "Go!" and we may go, and when we can say, "Stay! and we stay.

The essay is included in the book Angels Sing in Me: The James Dillet Freeman Memorial Book, a collection of Freeman's poems, essays and stories. Article reprinted with

Give Thanks by Giving: The Food Pantry Needs You

As always, thanks in advance for your generous giving!

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.

2013 Board of Trustees

President	John Frederick ('13)	486-5689
Vice Pres.	Nancy Wells ('15)	783-8528
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Spotlight on Service

By John Daubney

Susan Oringel



It may be hard to imagine that providing service to others could actually be fun rather than just the fulfillment of an obligation that must be done or simply the right thing to do. There is a joy in working with our unique gift(s) or

becoming involved in whatever particular activity we feel drawn to, that makes serving others exhilarating.” Sue Oringel has been led by her intuition, passion, love, and curiosity to choose her service opportunities. Just attend a Unity Coffee House and listen with your heart to Sue read one of her poems watch her sing with chorus. You’ll know what I mean.

I have always been a spiritual seeker. My parents were Jews from Brooklyn who were raised with very little knowledge of their religion, but nevertheless sent me to Hebrew school to learn what they couldn’t teach and didn’t practice –a very disorienting experience. I grew up in a neighborhood of Jews and Catholics in a suburb of Washington, D.C. till I was 10, then we moved to a suburb between Baltimore and Washington, where there were very few Jews and more Methodists and Baptists. In a Comparative Religions class at temple in tenth grade, we visited various congregations, and I decided I wanted to be a Unitarian. In college I read the Don Juan books by Castaneda, and later became enthralled with Tibetan Buddhism.

When I moved to Albany at 29, I took the Jewish “convert” class trying to give my old religion one more try. It didn’t take. Another convert classmate was Anne Roberts, former music director at Unity. Anne and I went to the mikvah for ritual bathing for her conversion and eventual marriage. We were happily surprised to find each other 15 years later at Unity. My thirties were spent at the Kripalu Center in Albany as well as the Center at Lenox, Mass.

Fast forward to my mid-forties. I was brought to Unity by my first twelve-step sponsor, who also had a Jewish background and who thought I would like the services. I had joined a twelve-step fellowship for many reasons, not the least of which was that the people who belonged had strong relationships with a personal God, and none of the paths I

had pursued had led me to such a relationship. I LOVED the first service I attended at Unity. I was taken by the concepts, the meditation, and Arthur Wells, our minister, but had a little trouble with the “C” word. In fact, I had to make a hasty translation every time I heard the “C” word—I substituted “crystal.” So for a long time, I was listening to the “Crystal within” and “Crystal love.”

But as Unity in Albany grew, so did I. The metaphorical exploration of the bible led me to understand and embrace Jesus’s story and life as a way-shower. I started slowly with classes and volunteer experiences, but with each activity I got involved in, I felt more connected to Unity and to myself. I finally joined the church as a full member, something I had never done in my life.

Because I’ve been involved for about fifteen years or so, and because my memory is failing (!), I can’t tell exactly when and what I’ve been involved in. I think I started with the hospitality crew and later helped Charlie Hatch and Don Raux design a church retreat that was held at the Abode in New Lebanon. I also taught a creative writing class at that retreat. (Susan Trump took part in it). I think my next “assignment” was to be on the garden crew, the garden that Jim Mack’s bequest and Bettie and Art Rogers’ money “grew.” I bought and planted many of the perennials, including the rose bushes, and several of the “burning bush” “twigs” from my garden, that have burgeoned into big shrubs today. I spent several years being a gardener and then felt the urge to move on.

One of the things I most admire about Jim Fuller’s teachings is his admonition to serve where we are called. I have found when I volunteer in areas too close to my livelihood (psychotherapy practice), such as the We Care Committee (a wonderful collection of loving people), it felt too much like “work.” So as part of being on the financial visioning committee, I ended up being a teller once a month, which I really like. I like counting the money, feeling the church’s abundance, and getting to know the other tellers.

I have admired the outpouring of creativity that this church arouses. Inspired by the music program, I joined Phyllis Pulver’s Fourth Sunday Singers and have continued with Roger Mock and the Cowabunga Chorus. I have also brought my poetry to read at many of our coffee houses which is another way to share myself and get to know others. It feels to me that all a church member of Unity has to do is find a passion, and there will be people and ways to help fulfill it.

For those who are shy or afraid to get involved, I suggest starting small. Help with a one-time event, like church clean-up, or setting up for a party. Try different things so you get a sense of what might be fun for you. I have found Unity to be a very welcoming church and truly my church family.



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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!*

Stay Fit / Get Fit at Unity

Yoga with Deborah Foss
 Mondays at 5:00 PM • (785-4131 for info)

Pilates with Kay Fuller
 Saturdays at 9:00 AM • (439-1775 for info)

Yoga with Megan Green
 Saturdays at 10:30 AM • (248-3866 for info)

**Sunday Services at
 9 & 11 a.m.**

**Childcare & Sunday School
 available at 11 a.m.**

**New Multi-Faith Music
 Service 1st Sunday of every
 month 6-7 p.m.**