



The Messenger

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

I'm Sorry, Please Forgive Me



By Rev. Jim Fuller

A FEW WEEKS AGO I decided to do some forgiveness work as a part of my daily meditation. It's good to clear out old thoughts of unforgiveness, large or small. I began by searching my mind for recent incidents of unforgiveness. I recalled an incident in a store a few months before when a man had directed a very angry comment toward me. I was shocked and a bit frightened at

the time. Things like that almost never happen to me. Based on his shaved head and body covered with tattoos I assumed that he might have been on drugs. He reminded me a bit of another man I know who has a drug problem, is at times erratic and has a history of trouble with the law.

To release this incident I began offering a Meta prayer, a prayer of loving-kindness. The term loving-kindness (meta in the ancient language of the Buddha) refers to is a feeling of warm friendship. In one simple form the prayer has four parts. May you be filled with loving-kindness, may you be well. May you be peaceful and at ease, and may you be happy. We begin the prayer by saying it several times for ourselves, building positive feeling as we go. May I be filled with loving-kindness... Next we offer the same prayer to someone who has been helpful toward us or to a friend. May you be filled with loving-kindness... We do this several times to build more positive feeling. Then we offer the prayer to a "neutral person", someone we see in our community but don't really know. I often use a familiar clerk from the grocery store. We say the prayer for this person, again building positive feelings as we repeat it. Finally with all this positive feeling inside us, we offer the prayer to our difficult person. May you be filled with loving-kindness... warm positive regard. May you be well. May you be peaceful and at ease, and may you be happy.

As I offered the prayer to the rude man from the store I suddenly realized that I had actually "cast the first stone" in our interaction. When I first noticed him I had seen him as someone I wouldn't want to interact with. His appearance had reminded me of people I didn't care for (more people to forgive) and wanted to avoid. I realized that I had reached out with my mind and attacked this man long before I ever got close enough for him to say something unkind to me. Perhaps he wasn't a warm and fuzzy person? Perhaps he did have a drug problem, but did he deserve *my* attack? Were my judging thoughts what precipitated his words to me?

Almost immediately another prayer popped into my mind, one that we have sung in church: I'm sorry, please forgive me, thank you, I love you. It's called a Ho'oponopono prayer (pronounced: ho-o-pono-pono), an ancient Hawaiian practice of reconciliation and forgiveness. (There is a short article on Ho'oponopono in the [online Wikipedia](#).) I began praying this prayer for the man from the store. Instead of trying to forgive him, I was now asking his forgiveness for the attacking thoughts I had directed toward him. As I prayed this prayer for him I began feeling better, much better. Next I shifted and began praying the prayer for the man he reminded me of, the person I knew and "didn't like so well." I'm sorry (for my judging critical thoughts of you). Please forgive me (for sending you such unloving feelings rather than prayers or blessings). Thank you (for forgiving me). I love you (my brother, son of God).

In asking forgiveness from those we have judged, belittled or attacked (if only with our thoughts); it opens a space for release of judgment and karma.

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Youth and Family Program

By Jane Bloom

The Youth Ed program had a busy spring! The older students continued their study of Unity Basics supplemented by instruction in relaxation and yoga with Ann Marie; very beneficial as they face all the turmoil of adolescence. The younger ones started to learn about the Twelve Powers and how these gifts manifest in their lives. We will continue this study in the fall. Toddlers in the nursery continue to practice sharing and being part of a group.

We have several students moving on or up. We say good-bye to Amanda who is headed off to College. Zaria is moving up to the High School group and Mustafa is moving into the teen program. Congratulations and good luck to these students with their new adventures!

Sadly, we say good-bye to Penny, a teacher in the children's program. Penny has given several years to the program and is leaving to spend more time with the Music Program. You have seen her singing on the platform. She has been a valuable member of the team and we will miss her! Good Luck, Penny!!

This summer, our teens will have a break and we will provide fun and activities for our younger students. Teachers will have a much needed break as well!

Look for announcements of workshops and programs for parents and other interested adults coming in the fall.

If anyone is interested in helping out in the Nursery, we would love to hear from you. A second adult is helpful when there are two or more youngsters on a Sunday. Please let Trudi or Jane know if you are interested.

Have a Wonderful Summer!!!

Unity Board Meetings

June 20th, July 18th, August 15th

The board of trustees of Unity Church meets monthly, usually on the third Thursday. These meetings last about two hours and are open to congregants. You are welcome to come to the meetings as an observer or you can request to be added to the agenda if you would like to offer comments or suggestions. To get on the agenda please contact our board president Dottie Frament (dframent@gmail.com / 346-7940) at least five days prior to the meeting. To attend as an observer, just show up. We meet in the library starting at 6:00 PM. Minutes from recent meetings and copies of financial statements are posted on the bulletin board outside the church office.

Unity of Chautauqua

By Reverend Jim

The Chautauqua Institution is an interfaith summer program that promotes spiritual, cultural, and creative learning in a community environment on the shore of Lake Chautauqua. It dates back to the late 1800s, the same era in which Unity began.



Each summer ministers from different Unity churches take turns serving at Unity of Chautauqua as the minister for the week; one for each of the ten weeks of the summer program. This summer I will be returning to serve for a week in July. Each week of the ten week program at Chautauqua has a theme. The theme for the week I will be serving is The Pursuit of Happiness. That seemed like the perfect focus for my Unity message.

On July 21st I will be leading the Sunday service for the Unity congregation there; not in the large amphitheater but in a smaller meeting space. I will also be leading daily morning meditations, an evening class, meeting with other ministers and hopefully introducing a few new people to Unity ideas.

Spending time at Chautauqua is a type of working vacation. It is also a time for spiritual renewal and learning. I will have the opportunity to hear talks by authors, bible scholars and spiritual leaders from eastern and western traditions. Unity of Chautauqua provides Kay and me with accommodations in the Ecumenical Community housing. The rooms are simple but there is a wonderful shared kitchen and dining area on the lower floor (aka basement) where visiting ministers and their families get to cook and mingle each day.

I have arranged for Rev. Ed Townley to speak on the Sunday I will be away. Ed has been a Unity Minister for over 20 years, serving in churches across the country, most recently at the Unity in Hartford Connecticut. Ed also serves on Eastern Region board of Unity and hosts a regular program on UnityFM (Unity's on line radio). I trust that you will enjoy spending time with him as I take our Unity message to the people gathered at Chautauqua

Summer Scribe Submissions!

Articles for the August/September edition of the newsletter can be submitted to Denise Klein at katzr3@nycap.rr.com by Sunday, July 21st. Your news articles, spiritual thoughts, poetry, photos, humor or suggestions are always welcomed. Or, tell us what spiritual journey you took this summer.

Forgive Me, continued . . .

Both prayers are recommended for forgiveness work and I have had excellent results with each. The Meta prayer is still a favorite and I continue to use it often. Sending positive friendly regard to ourselves and others puts us in alignment with God, with the Creative Force that loves and sustains us all. (Remember to start with yourself and friends before moving on to neutral or difficult people.) The Ho'oponopono prayer requires a greater degree of mindfulness before it becomes effective. It requires some awareness that we are active participants of our world, creating our experiences of the people and events around us. In asking forgiveness from those we have judged, belittled or attacked (if only with our thoughts); it opens a space for release of judgment and karma. It can then clear a space for us to once again offer a meta prayer, a prayer of blessings and loving-kindness to *all* others, and to ourselves.

May you be filled with loving-kindness, with warm positive feelings. May you be well, in body and in mind. May you be peaceful and at ease, in all parts of your life. And may you be happy. Amen

Wednesday Evening Film Series

June 26th, July 3rd, 10th & 17th (7:10 PM)

Each film is 60 minutes long and will be followed by a 60 minute interview.

My Greatest Teacher (June 26th) is the story of a man's life-long quest to find the father he never knew and resolve years of resentment. It's based on the life author Wayne Dyer. Followed by an interview with Wayne Dyer about his father and forgiveness.



Painting The Future (July 3rd) looks at how the thoughts we choose create the life we live. It centers on a friendship between a painter who has lost his sight and his nine year old neighbor who is determined to save up for her Quincinera dress. Followed by a talk by Louise Hay.

Magic Hand of Chance (July 10th) is the true story of a clumsy magician whose life is turned around when two clowns trick him into thinking he has received the highest honor by a fictitious Magicians Society in America. Because he starts to believe he is great... he ultimately becomes great. Followed by a talk by the filmmaker.

Entanglement (July 17th) is based on the new novel by best-selling author Gregg Braden. It explores the exciting world of quantum physics through the experiences of twin brothers. Followed by an interview with Gregg Braden.



Thanks for a Great Celebration

Speechless isn't something that often happens to a minister, but that was my feeling on Sunday May 5th. I thought I was bringing our second service to a close only to be totally surprised by a wonderful tenth anniversary celebration. Kay and I were delighted beyond words. My cheeks actually hurt from smiling so much. We loved the encouraging words, the wonderful cards and notes, and of course the great lunch downstairs. Not only was there Indian food and cake (two personal favorites of mine) but our friends Monadel and Saba prepared all our favorite Iraqi dishes. We felt like royalty! It was so much fun that we are planning to stick around for another ten years to see what the next party looks like.

Please know that my ability to minister and serve has been nurtured and developed over the last ten years by each of you. The love and support I have experienced here in Albany has helped me open my heart and mind in ways that I didn't fully understand when I began serving. My prayer is that we may all continue to work together as spiritual partners supporting and encouraging one another as we all uncover the sweet, wise, noble and powerful gifts that lie within.

*Thanks and blessings to all,
Rev Jim (& Kay)*

JUNE & JULY CALENDAR



Like To Sleep In On Sundays?

Try our "One Song" Multi-Faith Music Services

June 2nd, July 7th & August 4th @ 6:00 PM

Our new Sunday evening music and meditation service is taking off with an average attendance of over 40 people at each service. Services include meditative chanting, gospel songs, traditional and contemporary Kirtan and a Unity favorite or two. Each service also includes prayer and meditation along with readings and reflections from various sacred writings by Rev Jim and others.

Monthly services will continue through the summer and then expand into weekly format in September. 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 build our Sunday evening congregation. We are a spiritual community that is committed to growing in new and dynamic ways. We have a vision to serve and to inspire. We have talented leaders and great musicians. All we need is you.

John Welshons (Ramananda)

**Sunday, June 9th 12:15
PM – 3:15 PM**

COMPASSIONATE AWARENESS:

*Cultivating Love, Kindness,
Forgiveness and Generosity for
Oneself and for Others*



Join John Welshons (Ramananda) for this wonderful afternoon of dharma talk, mindfulness (Vipassana) meditation, relaxation, quieting, questions and answers, and cultivating inner peace. In this workshop, we will focus on compassion and loving-kindness – a spirit of softness, openness, loving gentleness, and forgiveness – for oneself and for others.

You will learn:

- * *How to live in "Inner Peace"*
- * *How to love, honor and respect our bodies, our minds, and our unique human identities.*
- * *How to let go of attachment to self-doubt, self-recrimination, and judgment*
- * *How to experience Oneness with all sentient beings*

This workshop is useful for beginners and experienced meditators. Participants will be given instruction in Mindfulness Meditation (Vipassana) and tools for integrating meditation into daily life - including practices and perspectives that can be utilized to reduce stress at home and on the job. Participants complete the workshop feeling refreshed and restored, with a new sense of calm, and deepened inner peace.

SUGGESTED DONATION: \$25.00 (no one turned away)

RAMANANDA JOHN E. WELSHONS is a highly respected contemporary spiritual teacher who lectures and leads meditation courses throughout North America. He has been a practitioner of meditation and various forms of yoga for more than forty years. He has worked closely with spiritual luminaries, Ram Dass, and Stephen Levine, and trained - in 1976 - with Dr. Elisabeth Kubler-Ross. Ramananda has traveled extensively in India, and has spent time at the ashrams of Meher Baba and Neem Karoli Baba.

RAM DASS - "John Welshons is incredible! He is a wonderful teacher! When I read his book, One Soul, One Love, One Heart, I feel like it is coming out of my own heart"

WAYNE DYER - "I have long admired and LOVED John's work. He is a man who walks his talk and lives his passion. I am honored to be able to assist him in his work."

John Welshons will also be leading our annual FALL RETREAT

This year's retreat will be held October 4-5 (Fri-Sat) at the St Joseph Center on Route 155 in Latham. Reservations forms will be available starting June 9th. And good news this year the retreat will be a bit less expensive, only \$150 including private room and all meals.

Bill Heller, Guest Speaker

Sunday, June 16th at 10:00 AM



Rev. William (Bill) Heller graduated from Unity Institute and was ordained as a Unity Minister in June, 2009. He is currently serving as a temporary minister for Unity of the Pioneer Valley in Greenfield MA. Bill has also served the congregation 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 provided Sunday Lessons, workshops, and special services in California, Colorado, Missouri, New Jersey, New York and Virginia.

Presently, Rev. Bill is co-authoring a book with Rev. Paul Hasselbeck that will provide a bridge of understanding between the teachings of Unity and *A Course in Miracles*. Rev. Bill and his wife Kathleen live in Watertown, CT.

Coach Cary Bayer

Sunday, June 23rd
12:15 - 2:45 PM

*Spirit and Money:
Prospering by Doing
what You Love*

Spirit and Money: Prospering by Doing what You Love is a powerfully-transformative class that includes practical techniques you can use for empowerment at home. The class will help you develop a revenue stream and prosper by doing the things you love, and if you are already doing what you love for money, it will help you market and sell and make more money from your bliss.

This class helps spiritual seekers heal the erroneous separations that so often exist in their minds between Spirit and money. Most importantly, *Spirit & Money* teaches how to use your God-given talents to attract revenue streams by doing the work that you love—your *dharma* (the work that you're here to do). This can, in time, turn a tolerable livelihood into a passionate *loveliness*. It shows you how to make a larger cut of the millionaire pie available to you in our abundant universe; shows you how to prosper through giving and *forgiving*; and gain 200 percent of Life's spiritual and material riches. It also teaches you a prayer that you can use on a daily basis to help create unexpected income.



Finally, it helps empower those who are already doing what they love to market their services more effectively by learning the holistic art of marketing, and come to see that selling itself, when it's done from the heart, can be graceful and as innocent as child's play.

Your Investment: \$25

Cary Bayer (www.carybayer.com) is a nationally-known author and workshop leader who's coached Oscar-winner Alan Arkin and comic/director David Steinberg.

Rev Ed Townley

Sunday, July 21st

10:00 AM talk "Around the Next Corner."

12:00 noon workshop: "Reading the Road Map"

Why the Bible? It's old, negative, confusing and contradictory. Who needs it?

Rev. Ed Townley agrees with all of the above, and yet his passion for the Bible is contagious. We don't really need the Bible, he says, but it is one of the most useful tools available to guide us on our spiritual journey. In this entertaining workshop, Rev. Ed uses the Bible's very first chapters to show how, when approached with fresh eyes, it offers surprising clarity about why we're here in human form and how we're meant to experience it.



REV. ED TOWNLEY has served Unity centers in Beaverton, OR, Chicago, Dallas and Hartford since his ordination in 1991. One of the most in-demand speakers in the Unity movement, Rev. Ed is known for his enthusiastic metaphysical interpretations of the Bible, and for his understanding of the Hero's Journey as a roadmap for our own, individual spiritual unfoldment. His most recent book, *Kingdom Come: A Guide to the Book of Revelation* has just been published by Unity Books. He is also the author of *The Secret according to Jesus*, a guide to the Sermon on the Mount. He hosts "Bible Alive," a weekly discussion program over unityonline.com, and answers Bible questions submitted through the international Unity website, www.unity.org.

Rev. Ed is the founder of Spirit Expressing, a "non-church" ministry dedicated to exploring the creative process through which we are called upon to bring a new dimension of spiritual consciousness into manifestation. Spirit Expressing is currently offering weekly classes in the Hartford area based on Townley's books, as well as monthly social and spiritual gatherings. Future plans include concerts, theater pieces and other expressions of creative energy; information is available at www.spiritexpressing.org.

JUNE JULY CALENDAR

“Church In The Park” at John Boyd Thatcher State Park

Sunday, July 14th

Services - at 9:30 and 11:00 AM

Pot Luck Picnic at Noon (covered dish)

We have a shady shelter with an beautiful view!

Look for the big 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 have 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

No services at 21 King Ave on July 14th.



Coffee House

Saturday, July 27th

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 in-

Reverend Jackie Hawkins

On Thursday, June 6th Jackie Hawkins, a longtime member of our congregation, will be ordained as a Unity Minister. Jackie’s ordination is the culmination of a six year process that began while she was still in Albany. Jackie started taking on-line classes from Unity while she was completing her career in state government. Once she completed all prerequisite classes she applied to enter the Ministry and Religious Studies program of the Unity Institute. She was, needless to say, immediately accepted. In 2008 Jackie retired from her position in State Comptroller’s Office and wisely took a year off before she started school.



Growing up as the daughter of a Baptist Minister, ministry was nothing new for Jackie. Her background as a minister’s child actually caused her to consider this new career path very carefully as she reflected on the challenges that she had watched her father (the minister) and her mother face in their roles as church leaders. Jackie’s connection with Unity in Albany goes back to the days when the church met in the Women’s Club on Madison Avenue. She served on the board of Unity Church from 2006 to 2009, serving as president during her final year. She always brought a high degree of professionalism and also consciousness and integrity to her work-life and all parts of her life. Twice she has helped coordinate church operations while I was on leave.

Becoming a Unity Minister requires attending classes at Unity Village in Missouri for at least two years of the three year program. Jackie chose to spend the entire time at Unity Village and later decided to add an extra year to allow time to fully absorb and integrate the spirit and the consciousness of Unity. While at Unity Village she served in the student governing association, worked in the Silent Unity telephone prayer ministry, was a guest speaker on Unity radio and at the Village Chapel, and helped coordinate many events. She completed three extended internships at Unity ministries, the last of which was in Florida this spring.

On June 6th Jackie will receive a Master of Divinity degree and be ordained as a Unity Minister. She will be part of a graduating class of twelve. Lois Cromlin and Bonnie Kriss will be accompanying Kay and me to Unity Village to celebrate with Jackie. Several other long-time friends from the Albany area and members of Jackie’s family will also be there. Jackie will be returning to Albany later in the summer and I hope to have her speaking at Unity in Albany by fall. She remains open to guidance about where and how to serve in her new role as Unity Minister. I affirm that just as Spirit led her into this new career, so Spirit will lead her into her right and perfect place of service.

You can watch the graduation and ordination service live on line Thursday, June 6th at 8:00 PM at www.UnityVillageChapel.org.

Spotlight on Service

By John Daubney

Ginger Hannah



When we give service from a place of love rather than the clutching, controlling needs of the ego we are truly allowing God to work through us. This process brings joy to the receiver and giver alike. Ginger has been following this belief throughout her spiritual journey

“When I first time I attended Unity – in November 2004 on the recommendation of a friend, I knew I was “Home”! After being a seminary student, then ordained as a Spiritualist Minister in 2002 and subsequently attending several denominations of churches over the years, I was looking for a service and community that is positive, uplifting, loving, and based on a metaphysical interpretation of the Bible. My discussion with Rev. Jim before I attended and during that first service assured me that Unity had the principles and understanding of truth I was looking for. After that first service, I checked out the library, children’s program and fellowship time and all met my desires!

There are many people at Unity who have modeled service for me and have encouraged me to get involved. I am so grateful to Rev. Jim and Kay Fuller, Heather Diddel, June O’Toole and Gary Allocco, Jean Robinson and Dennis Ryan, Roger Mock and Mark Shepard, and Trudy Ellis for being wonderful examples of loving service to our church and to me!

It was easy for me to choose the service activities I have been involved in – I just thought about what I love doing, and what brings me joy! My first service job was ushering. It was a great way to meet the members of the church, and greet new people as they come to Unity. I also love to sing, and have participated as a singer in our wonderful Sunday music program and at the Coffee Houses. I enjoy singing as part of the group as well as with my husband, Will! There are so many ways to serve in Unity – something for everyone! What is your passion? You can garden, sing, cook, clean up, give a lecture, staff the library, teach, lead a committee, count money, pray, dance, usher, assist on the platform, etc.! Whatever makes your heart sing is where

you will find the best opportunity to serve. I assure you, the rewards you reap will be well worth your time and effort.

I love working with children; I have 2 daughters, 2 grandsons, and 4 stepchildren. My daughter Amanda was nine at the time, so it was important to me that there was a weekly children’s program. I know how hard it is for children to sit through a service – and for their parents to keep them entertained and still get something out of church, so I became a youth education teacher. I have also been blessed several times over the years to conduct the meditation and lecture when Rev. Jim has been away. I enjoy sharing what I’ve learned about the metaphysical teachings of the Bible, prosperity principles, and how we can co-create, with God, our very best lives!

I was honored to become a Prayer Chaplain in 2005 by taking the Prayer Chaplain classes led by Jean Robinson and Dennis Ryan. I became part of the group of people who respond to prayer requests. The class taught me how to be an effective listener; how to meditate and go into the silence to become centered; and how to hold the sacred space for others to feel uplifted and comforted. We also learn how to let go of our own limiting beliefs and “stuff” so we can be a clearer channel for God to work through. It is a true pleasure and honor to pray with people about their concerns, and hold the “high watch” for them. I call Silent Unity at 1-800-Now-Pray often to pray for myself and others, including those I work with professionally as a Life Coach, Reiki Master, and through my Create Your Best Life skillshops in my home. Prayer helps me to keep my focus on what is loving and positive in every situation I face.

My faith has developed over my years of being of service, and has sustained me through the difficult times of my life. As The Course In Miracles says, “To give is to receive.” When we give our love to others, it comes back to us multiplied! Our energy, along with our sense of worthiness, compassion for and connection with each other, increases. I believe each of us is called to a life of service – being and sharing the Love of which we are created. I also believe we get to choose – in harmony with God within - what brings us great joy and happiness. When we serve from that place of sharing our love and joy with others, the people we share with are blessed and uplifted, and we are energized, and feel more deeply and fully the love and joy within our own hearts.

When - not if - you feel that inner voice calling you – listen to your heart. Let it guide you to the best place for you to serve. I guarantee you will be blessed and uplifted by doing so! “



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ADDRESS SERVICE REQUESTED

You Are Welcome Here



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!*

Summer Worship Schedule

One Sunday Service at 10:00 AM
May 26th through September 1st
(Memorial Day – Labor Day)

First Sunday Evening
Services (6:00 PM)
continue throughout the summer

Regular Youth Education classes will be
“on break” during the summer.

When possible there will be supervised
games or craft activities for the
elementary age children.

Nursery Care will continue
through the summer.