



# The Messenger



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

## Affirmations and Healing



By Rev. Jim Fuller

*What does it mean to be healed? Is it the absence of physical symptoms or the presence of vital wholeness? Does physical healing release us from our mental distress, or is it the healing of mental distress that releases us from our physical disease?*

A NURSE I KNEW developed a sarcoma, an internal cancerous growth that began to claim her left lung. Through a combination of prayer and limited medical support the progression of the disease was halted. Several years later, as a part of a job change, she had a physical exam with a new doctor. On her health history form she listed sarcoma of the lung as a prior medical condition. The doctor ordered a follow up chest x-ray. Shortly thereafter she received a phone call from the doctor's office questioning what she had written on her health information form. The x-ray showed no evidence of damage to the lung. If she ever had a sarcoma, she was told, there would have to be residual tissue and scarring. Her x-ray showed two perfectly normal lungs.

Charles and Myrtle Fillmore founded Unity principally in response to their need for physical healing. Myrtle had suffered with Tuberculosis much of her life and had been told she had about six months to live. Charles had a physical disability that caused chronic pain and required him to wear a leg brace and a three-inch lift under his shoe. The medical treatments of their time, the late 1800's, were primitive and had actually caused Charles' disabling condition. In such a situation where could one safely turn for help? The Fillmores turned to God and to Affirmative Prayer. Over a two-year period Myrtle not only fully recovered (she lived to be 86) she also developed a remarkable ability to help others heal. Over the years that Charles prayed

and meditated his pain left and his deteriorated leg slowly grew and became strong. He often joked that the real miracle was not that his leg grew, but that it knew to stop growing when it had reached appropriate dimensions.

The practice of healing with minimal or no medical intervention has been present for thousands of years. Theories about how it works are diverse and vary widely depending on religious belief or healing tradition. I have personally experienced both instantaneous healing and the reversal of a chronic condition over time. I know many others who have had so-called spontaneous remissions and healings. One thing that many of these healings share in common is that some change in thought or belief preceded the change in physical condition.

The challenges most of us face in trying to find physical healing are multiple. Often we wait until we are both unhealthy and fear-filled before we give much prayerful attention to wholeness and healthfulness. Once we feel unhealthy we often direct much of our attention toward our dis-ease as we attempt to push it away. And, we often spend considerable mental energy trying to figure out what went wrong to cause our dis-eased condition. None of these are effective tools for finding our way to healing and healthfulness.

Unity and other similar healing traditions encourage a positive mind-based healing approach. In John 8:31-32 Jesus tells his followers that if they continued with his teachings they are truly his disciples, and they would *know* the Truth and that Truth would set them free. One part of the Truth that Jesus taught was the Truth about our identity and our relationship with God. Jesus offered a vision of God as a loving parent whom he called Abba (Papa) and who also had characteristics of a loving Mama. He saw in himself and in others the Spirit of Abba. And, in John 14:10 he reminded his followers that it was that Abba Spirit that

*Continued on page 3*

## President's Corner

by Dottie Frament



As I sit down to write my first Unity Newsletter article for the President's corner, it's only been 90 minutes since my plane touched down in Albany after a family weekend in Chicago.

The flight provided downtime for me to muse. My heart felt full to the brim with gratitude

for my family that I took for granted for a large part of my life. Sharing the hard times as well as the good ones has brought each of us siblings to a place where we are willing to be vulnerable enough to easily say "I love you" and "I just wanted to let you know how much I appreciate you \_\_\_\_ (fill in the blank)." That's pretty amazing behavior from a bunch of people I used to roll my eyes at and refer to as "dysfunctional." With momentary regret, I thought of all the times I judged them (and myself) instead of just appreciating them and loving them the way they are. I could have seen diversity instead of dysfunction!

Twenty minutes outside of Albany, I suddenly thought: "I have in this moment, right now, the opportunity through the Newsletter to let my Unity family know how much I love and appreciate them.

So, to all of you who have welcomed me, supported me in growing into leadership roles, showed me how to live Unity principles by the way you live your life, to all of you volunteers who I've worked alongside through garden team, Hospitality, 4th Sunday singers, Fall clean-up days, Circulation day, Ushering, video and sound for Sunday worship, organizing Christmas parties and the party for Jim & Kay's 10th anniversary as our minister, and Board of Trustees, to all of you who participated and shared yourselves in Wednesday night classes, Unity retreats, and well as in fun events such as plays, movie nights, Small Business fairs, New Year's eve dinners, etc. etc., I SEND A BIG SHOUT OUT TO YOU ALL: THANK YOU! I LOVE YOU!

Each of you, just by being your unique self and sharing yourself, your time, and your talents, have helped me and all the rest of us feel welcomed and valued in the family of Unity Church in Albany. Together, may we manifest our vision and Spirit's highest vision for Unity Church in Albany. God bless you all

## Evening Services Go Weekly

Beginning Sunday, September 1st the 6:00 Multi-Faith Music (and Meditation) Service will become a weekly feature at Unity Church. The desire for an evening service has been moving through Unity Church for many years. Last winter we began offering evening services on the first Sunday of each month. Average attendance at these services is now 40. In June our board of trustees voted to step out in faith and commit to weekly services starting in September.

Our Sunday evening Multi-Faith Music is more than just singing and prayer; it also includes guided meditation, times of silence, and readings and reflections from various sacred writings. While it was inspired by kirtan and sacred singing of the East, the services also include chants in English, gospel style songs and a Unity original or two. Please tell your friends, especially those who feel spiritually called but still have an aversion to traditional "church." Sunday evenings at Unity offer a relaxed of music and meditation which seeks to honor all paths to the Divine.

Please remember that September 1st will also be our final 10:00 AM service of the summer. We will return to our regular Sunday schedule with service at 9:00 & 11:00 AM (& 6:00 PM) on September 8th.

## Town Meeting

### Sunday, September 29th @ 12:45 PM

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

---

---

## Mark Your Calendars • Future Dates...

*Even Mystics Have Bills to Pay*  
*"Practical Prosperity for Today's Times"*  
Wednesday evening class with Rev Jim  
October 9 – December 11

Greg Tamblyn returns Sunday October 20th  
Services at 9:00 & 11:00 AM  
Evening Concert at 6:00 PM

Pot Luck Lunch  
Sunday, October 27th @ 12:30 PM

---

---

## Healing, continued . . .

“did the work” they saw happening around him.



We have the potential to become dedicated disciples, students that is, of the Jesus teachings and to explore and learn from them. As we do this we begin to connect with the same spiritual Truth that so illuminated Jesus' mind that he would say, “I am in the Father and the Father is in me.” (John 10:38) And, as we establish that level of God awareness within, our minds and bodies are transformed by an inner *knowing* of the Truth that goes far beyond words or intellectual ideas. One tool that Unity offers for making a Truth connection is Affirmative Prayer. Affirmations are powerful, positive, present tense statements of what is spiritually true, regardless of what outward appearances might suggest. Some examples are:

*God's perfect ideas of harmony, vitality and life are present in me now.*

*I am as God created me; whole, loving and innocent.*

*The Life of God, present in my mind and body, renews and restores me daily.*

Affirmations work over time as you repeat them, feel them and quietly allow them to permeate your mind and being. When working with affirmations created by others, you may need to modify a word or two to make the affirmation have greater power and meaning for you. Prayerfully affirmed over time, you will literally begin to feel the truth and the power of your affirmative prayers; and not just intellectually but viscerally within your mind and body.

Each time you deepen your connection with the Truth, Truth itself begins to direct your mind and body and your healing takes place. Regardless of whether you feel healthy or in need of healing today the more you align your mind with Truth, the more life and health and joy and illumination you will experience both today and in the future. The more able you come to share the Jesus Christ understanding of God, the more connected and peaceful you will feel, regardless of outside circumstances. And the more you embrace that spirit and life of God alive in you, the more deeply you will know that you are the daughter or son of God, and that all that God has is yours... today.

*May the wisdom and peace of God fill our minds, the life of God shape our bodies, and the love and joy of God be reflected in every part our lives. May we awaken to the Truth today. Amen.*

## HELP WANTED

### Seeking Part-Time Youth Education Director

Unity Church in Albany is blessed with a thriving Youth Education program thanks to the Spirit and Dedication of our teachers, parents and of course, the children! We now seek to raise the energy and Spirit of the program to a higher level by hiring a part-time Youth Education Director (YED). We envision someone who will create and oversee an engaging program, grounded in Unity principles, promoting spiritual growth for all children.

Among other things, the YED will develop Youth Ed programs for all age groups; select or develop Unity-based curricula; recruit, train and support volunteer teachers to ensure a consistent quality of education; create or develop lesson plans which allow the volunteer teachers to express their own creative spirit; and maintain a teaching schedule for the Youth Ed volunteers.

Education and experience requirements include a strong foundation in Unity principles, including but not limited to completion of multiple Unity adult education classes; a trained professional with a bachelors or masters degree; training/experience in youth ministry/youth education and working with volunteers; and a team-oriented leadership style with strong organizational, communication and interpersonal skills.

A complete job description is available from the church office for anyone interested. Resumes will be accepted through September. The position is part-time and will pay \$400.00 per month.

We affirm that our thriving church community will manifest the right person to enliven our already vibrant Youth Education program with greater energy, Spirit and Love, enriching our young people, teachers, parents and our entire church! Thank you, God, in advance for Your Good Orderly Direction for Unity Church and Youth Education!

### Writers Wanted!

Articles for the October/November edition of the newsletter can be submitted to Denise Klein at [katzr3@nycap.rr.com](mailto:katzr3@nycap.rr.com) by Sunday, September 15th. Your news articles, spiritual thoughts, poetry, photos, humor or suggestions are always welcomed.

# August & September Calendar

## Wednesday Evening Free Films

August 7, 14 & 21 at 7:10 PM



**Samsara (8/7)** Samsara is a Sanskrit word meaning “the ever turning wheel of life.” 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. Neither a traditional documentary nor a travelogue, SAMSARA takes

the form of a nonverbal, guided meditation.

**The Shift (8/14)** Dr. Wayne W. Dyer explores the spiritual journey from ambition to meaning through the intertwined stories of an overachieving businessman, a mother of two seeking her own expression in the world, and a director trying to make a name for himself. It’s not only entertaining but also inspires and shows us how to find a life of meaning and purpose.

**My Reincarnation (8/21)** This film chronicles the true story of the high Tibetan Buddhist Master, Chögyal Namkhai Norbu, and his western-born son Yeshe. Through the film we watch as Yeshe, a married man living with his family in Italy, uncovers both his identity and his dharma.

## Fierce Grace (free film)

Sunday, August 25th at 12:15 PM



More than thirty years ago, an entire generation sought a new way of life, looking for fulfillment and meaning in a way no one had before. Leaving his teaching job at Harvard, Ram Dass (Dr Richard Alpert) embodied the role of spiritual seeker, showing others how to find peace within themselves in one

of the greatest spiritual classics of the twentieth century, the two-million-copy bestseller “Be Here Now”.

As many of that generation enter the autumn of their years, the big questions of peace and of purpose have returned demanding answers. And once again, Ram Dass blazes a new trail, inviting all to join him on the next stage of the journey.

## The Transcendent Life

A class with Rev Jackie Hawkins

Wednesdays, Sept. 18, 25 and Oct. 2

*“When we understand the nature of true Power, we understand where the point of Power is centered.”*

Rev. Jackie Hawkins has created a three week class based on this message – a message that invites individuals to live from their point of true Power. It is a message she has embraced, and one that has allowed her to live through personal and career challenges. And as she has lived more intentionally on her spiritual journey from spiritual seeker to seminary student, to ordained Unity minister, the transcendent life has brought her to a state of knowing “nothing and no one can stop me from expressing my true nature.”

The class series is based on the book, *The Transcendent Life: Understanding the Nature of True Power* by Unity minister and author Rev. Jim Rosemergy. We encourage you to begin reading the book prior to the first class. Books are available through our bookstore. The class will also provide a foundation for the October class series on Prosperity taught by Rev. Jim and featuring the book, *Even Mystics Have Bills to Pay*, also written by Jim Rosemergy.

## Sunday, September 8th

### Rev. Jon Mundy



Morning talks at 9:00 & 11:00 AM: *“Remember to Laugh: On the Healing Power of Humor.”*

Afternoon workshop (1:00-4:00 PM): *“Perfect Happiness Now.”* (\$25 advance/\$30 at door)

Dr. Jon Mundy is an author, lecturer, minister and The Executive Director of All Faiths Seminary International in New York City.

He is the publisher of *Miracles* magazine, and Senior Minister Emeritus of Interfaith Fellowship with services in Cami Hall across from Carnegie Hall in New York City. He taught courses in Philosophy and Religion from 1967 to 2008 at the New School and the State University of New York with a specialization in The History of Mysticism.

He met Dr. Helen Schucman the scribe of *A Course in Miracles* in 1973. Helen introduced Jon to the Course and served as his counselor till she became ill in 1980. The author of 9 books, his latest book, *Living A Course in Miracles* is now in 5 languages. According to Amazon.com after *Return to Love* by Marianne Williamson it is currently the best-selling book based on the teaching of *A Course in Miracles*. He also appears on occasion as Dr. Baba Jon Mundane, a standup philosopher comedian.

## Saturday, September 14th @ 7:30 PM “Kirtconcert”

(part kirtan - part concert)  
with Faerie Elaine Silver

\$18 (more if you can – less if you can't)



## Sunday, September 15th Sunday Services with Elaine Silver 9:00 & 11:00 AM

Elaine Silver has a voice you'll never forget. It has been described as stunningly clear and fine, magnificent, rich and supple. She sings a cappella or accompanies herself on guitar and banjo, and has performed in concert for hundreds of thousands at colleges, festivals, churches, clubs and children's events throughout North America and Europe. She was featured nationally on The Wisdom Channel and on New Jersey Network's award-winning television program *State of the Arts*. Elaine is the recipient of a Garden State Music Award for Outstanding Folk Performer, and has appeared in concert with Arlo Guthrie, Doc Watson, Tom Paxton, Suzanne Vega, Jorma Kaukonen, Tom Chapin and many more of the folk world's brightest stars.

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

## FALL RETREAT with John Welshons (Ramananda)

*Unveiling the Inner Light of Love: Meditations and Explorations On Awakening Living Spirit in Everyday Life*

Friday-Saturday October 4-5  
(dinner Friday through dinner Saturday)

Join the Unity Church in Albany community for this inspirational, deeply moving journey into the Heart of spiritual practice. This year

our annual retreat will again be led by a beloved and integral part of our Unity community John Welshons (Ramananda).

Our retreat time together will include:

- *Dharma Talks and Reflections on Finding the Spiritual Lesson, and the Spiritual Light, in Every Moment*
- *Meditation, Chanting, and Sufi Dance*
- *Dialogues and Sharing About Our Most Challenging Issues*
- *How to Awaken Love and Joy in our Home, our Work, our Family*
- *How to Let Go of Painful Experiences and Memories From the Past*
- *Learning to Live More and More in the NOW*
- *Understanding Our True Identity as LOVE*

In addition, the opportunity to “retreat” from our daily lives and routines offers a very precious environment in which to deepen our spiritual awareness. We will benefit from quiet time and periods of sacred silence. We will also have ample opportunity to nurture old friendships, cultivate new ones, and expand our connection as a vibrant, healing, and loving spiritual community.

This year's retreat will be held at the St Joseph Center on Route 155 in Latham. And good news this year the retreat will be a bit less expensive, only \$150 including private room and all meals. Overnight stay at the retreat center is required. Registration forms are available at the church.

## John Welshons (Ramananda)

Sunday, October 6th

John Welshons will speak at our 9:00 & 11:00 AM Services

Dharma Talk/ Workshop 1:00–4:00 PM

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 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.”

## Unity Village by Book & in Person

by Lois Crommelin, I'm lovin' books!

On June 5th of this year I had my dream of visiting Unity Village full-filled. The bonus was witnessing Jackie Hawkins graduate and be ordained, which, by the way, was a splendid and sacred affair. Since I had planned to make this pilgrimage for the 6 months prior, I decided to read up on the history of Unity Village, to learn everything I could about the lives of Charles & Myrtle Fillmore and the Unity movement. I checked out the book "The Story of Unity" by James Dillet Freeman from our Lending Library and began to dive right in. My hunger for a spiritual connection with them and the Village was a driving force. After all, I was going to walk Holy Ground.

This book not only tells about the backgrounds & lives of Charles & Myrtle and their family, the beginnings of Unity as we know it today, but it is a powerful and impressive story of Faith and Trust as they found Truth. First Myrtle found her healing from tuberculosis through affirmative prayer; "I am a child of God and therefore I do not inherit sickness". They began praying with others and teaching Truth, writing a magazine called Modern Thought, and then Unity magazine, and Daily Word.

Silent Unity was born "when a little band in this city (Kansas City) have agreed to meet in silent soul communication every night at 10 o'clock for all those who are in trouble, sickness, or poverty, and who sincerely desire the help of the Good Father." This silence was to be observed for 15 minutes, holding in silent thought, words that were given. (positive affirmations). Today Silent Unity is still holding positive affirmations 24/7 under the lighted cupola.

After arrival and check in, I walked out to the gorgeous Rose Gardens and the glorious Fountains! It was everything I had hoped for. We ate a delicious vegetarian dinner in the Unity Inn. I picked up a pamphlet from PETA that read "Go Vegetarian-Go Vegan." That is all I needed to push me completely over, as I have been almost a vegetarian for many years. Commitment made, first day on Holy Ground! The weather was perfect and I spent the next 4 days literally in deep meditation, just beholding the beauty, the sacredness, and the Spirit that was present there for me. Profound.

I highly recommend the reading of this book, The Story of Unity, to get the full understanding of what the Unity Movement is. Charles and Myrtle were what we would call in today's lingo, Type-A's. Tirelessly helping, praying, teaching, writing/publishing the Truth. A couple with abounding Faith even through the really tough times. God always provided for them. They did the work of Spirit through free will offerings. I wonder how that would work today in 2013? This is a book of tireless Faith and Trust in God. Well worth the read. It is in our Lending Library and also for sale in the Book Store.

By the way, the Lending Library has been recently thoroughly dusted and books organized in alphabetical order by author. They are there for your pleasure to check out for a 3-week period, by signing the card in the pocket and leaving it on the desk. There is a basket for returns. And if you would all please check around your homes for "stray books" that you may have borrowed but forgot about, they might like to go back home! Thank you.

*PS: A trip to Unity Village is well worth it! I hope you can all visit, in your time.*

---

## Unity Book Club: Sept - Oct Selection *The Gifts of Imperfection*

by Brené Brown

### Discussion with Rev Jim 10/27 at 1:00 PM

In *The Gifts of Imperfection*, Brené Brown, a leading expert on shame, authenticity, and belonging, shares ten guideposts on the power of Wholehearted living—a way of engaging with the world from a place of worthiness.

Each day we face a barrage of images and messages from society and the media telling us who, what, and how we should be. We are led to believe that if we could only look perfect and lead perfect lives, we'd no longer feel inadequate. So most of us perform, please, and perfect, all the while thinking, "What if I can't keep all of these balls in the air? Why isn't everyone else working harder and living up to my expectations? What will people think if I fail or give up? When can I stop proving myself?"



In her ten guideposts, Brown engages our minds, hearts, and spirits as she explores how we can cultivate the courage, compassion, and connection to wake up in the morning and think, "No matter what gets done and how much is left undone, I am enough," and to go to bed at night thinking, "Yes, I am sometimes afraid, but I am also brave. And, yes, I am imperfect and vulnerable, but that doesn't change the truth that I am worthy of love and belonging."

Reading *The Gifts of Imperfection* is like having a long, uplifting conversation with a very wise friend who offers compassion, wisdom, and great advice.

## Spotlight on Service

By John Daubney

# Mark Shepard

*For some of us, the work we do professionally also forms the core of the service we offer the world in many parts of our lives, especially if the work we do is a passion and experienced as a mission. Fortunately for Unity in Albany, Mark Shepard's love of songwriting and performance, and his use of it in his work, found it's way to us So many of us have been inspired and spiritually motivated by his love for what he does and for how the Divine speaks through his music.*

Over the years, a number of people had told me that after they heard my songs they thought my music would be really appreciated at Unity. I had vaguely heard of Unity because of reading books by Katherine Ponder who was a Unity Minister. But it wasn't until I was doing some Bullying Prevention programs in schools down in Fayetteville, Arkansas two and a half years ago, that I actually got to experience a Unity church service.



There happened to be a snow storm, so my Thursday and Friday performances were rescheduled to Monday and Tuesday. As a result I had a four-day weekend to explore. I ended up going to a drumming circle and then a worship service and then a spiritual songwriter's circle at the church. Even though I had basically sworn never to go to another church again (after being burned out on Christianity at Princeton Theological seminary!), I now felt like Unity was open enough and welcoming enough that I could give it a chance. I decided that as soon as I got back to Albany I would find a Unity church. The following Sunday I was in the pews here, and I think I've only missed 2 or 3 Sundays since. Having a place where I can be inspired and convert that inspiration into a song is pretty much the best thing I can possibly imagine.

As far as "service" at Unity goes, for me it was more like "wow, here's a place that actually appreciated me for this compulsive songwriting thing I do!" I had been so alone and out of community for so long that I was initially just overwhelmed with gratitude to have a place to be. When I look around I see a lot of people pitching in and helping and being absolutely clear that they are having a blast giving back, and that they getting far more out of giving than they feel like they are giving.

I've been pretty much doing music as service from the start

of my involvement at Unity. I guess you have to understand that I've been writing these songs since 1976 but no matter what I did I couldn't seem to find a place where they were appreciated. I tried the folk circuit but my stuff was a little to rock for the folkies, I tried the contemporary Christian music genre but my songs weren't "jesusy" enough. I had quite a bit of success with kid's music and storytelling but my heart has always been in spiritual (but not religious) songs that explored in music the ideas and lessons I've been learning in my spiritual and personal healing journey. I guess you could say I didn't choose music. It chose me!

Being a part of the Unity community has taught me that we are all wounded healers struggling with the life lessons and challenges that give us the "gift" of enough pain or emotional discomfort that we are motivated to start working on ourselves, and then seeking others of like-mind who can support and challenge us. Giving of my time and money has sent this very powerful message to my unconscious mind: "There is abundance; there is love; there is community; and it feels great to be a part of it."

*To someone who has not yet been involved in service I would say, find something that you love to do and find a way to contribute it to the community. Or find something that you don't like doing at home (like cleaning or doing the dishes) and find a way to practice it as a spiritual calling. And when you "get" that lesson, find something else that you either love to do or want to learn to love to do.*

***"How can I keep from singing from the  
God in me?  
The God in you?  
The God in WE?"***

— From, "I Live in God,"  
*words and music by Mark Shepard*

### Would You Like Join Unity Church?

If you love what we teach, we would love to have you become an official member of Unity Church. You are not required to withdraw your membership from other churches in order to join Unity. Our purpose is to advance spiritual consciousness not to convert.

To become a member we ask that you attend worship services regularly for at least six months, read a short booklet on Unity and participate in a six-week membership class. Our fall membership class will be presented on Sundays from 12:30 - 2:00 PM starting in mid-October. Look for class sign ups in our Bradford Street Lobby starting in September. We also ask that you purchase and read the booklet Unity, A Quest for Truth by Eric Butterworth prior to attending the membership class. This booklet is available in our bookstore. If you have questions about membership or the class, please call or speak with Reverend Jim.



**Unity Church in Albany**  
**21 King Avenue**  
**Albany, NY 12206**

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

**Phone: 518-453-3603**

**E-mail: [unityalbany@yahoo.com](mailto:unityalbany@yahoo.com)**

**Web page: [www.unitychurchinalbany.org](http://www.unitychurchinalbany.org)**

**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!*

**Fall Worship Schedule**  
**Begins on Sunday, September 8th**  
**with services at**  
**9:00 & 11:00 a.m.**

**&**  
**Sunday Evening Services**  
**at 6:00 p.m. now held weekly.**

**Youth Education classes**  
**will resume September 8th**  
**at 11:00 a.m.**

**Nursery Care is available at the**  
**11:00 a.m. service.**