



The Messenger

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

2014 A Great Year for Unity & You

An affirmation is a positive prayer that connects you to some greater good that already exists in potential but has not as yet become visible in the world of your experience. This greater good may be something that your human mind desires or it may be a higher level good that you are being divinely drawn toward; either way new good awaits you. As we moved into 2014 I found myself holding an affirmative prayer for myself and for our church community. My prayer affirmation for this year is: *2014 is a great year for Unity Church and for me.* I invite you to consider joining me by regularly praying this affirmation for our church and for yourself.

Affirmative prayers are not magic incantations to make things happen. And they are not prayers intended to cajole or manipulate the Universe into doing our will. They are tools for redirecting our powerful and creative minds. To the extent that we succeed in allowing our prayers to be inspired and led by Spirit we may literally feel the full power of Creation working through our prayer. Our challenge then is to keep that affirmative thought present in our minds as much as possible. For this reason many people pray several times each day. The more we use our affirmative prayers to keep our minds connected with our inspired ideas the sooner we begin to see evidence of these ideas showing up in our daily lives.

Of course not all affirmations are based on directly inspired ideas. Sometimes we find ourselves experiencing a need for improved health or for new income, work or friendships. We may ask for inspiration but not feel directly guided at the moment. At these times we can still use affirmative prayers to begin shifting our minds and bringing new and greater

good into our lives. We can always begin by affirming that God's only desire for his children (and that's every one of us) is for us to be happy, well and at peace. From that core Spiritual Truth we begin forming affirmations to re-*mind* ourselves of things like: *God's will for me is for strength and health, and so strength and health are already here for me now; or I am a divine child worthy of rewarding work and fulfilling friendships, my right employment and relationships are entering my life now.* Adjust the wording to fit your circumstances.

Our creator has placed no limits on what we can do and be and achieve in 2014, absolutely none. However we may find limiting thoughts lingering within our minds, thoughts about what we can't do or why we can't achieve our dreams and visions. These are often backed up by what seem like very rational and logical sounding reasons, mostly based on what we have or haven't done in the past. When such limiting thoughts arise I invite you to use a prayer of denial, denying both the truth and the power of such small and un-Godlike thoughts. A good general denial might be: *God has placed no limits on me and neither will I.* This is best followed up with a positive affirmation like: *God has created me free and unlimited, or God's will for me is for blessing and good and I choose to agree with God.*

Some of your affirmative prayers may be fairly specific, others more general. The affirmation I am inviting you to join me in for this year, *2014 is a great year for Unity Church and for me,* is a general affirmation. It doesn't attempt to direct how this will be a great year, but it does declare that 2014 is a great year, and not just for me alone. Spiritual teacher Louise Hay, author of *You Can Heal Your Life,* reminds us that a good general affirmation can work

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By Rev. Jim Fuller

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President's Corner

By Dottie Frament

Oprah has a monthly article "O" magazine in which she answers the same question each month: "What do I know for sure?" What I know for sure is that offering loving service is good for me. I have known since childhood that when I

performed unsolicited acts of kindness "just because", I felt joyous, valuable, and grateful. My parents modeled generosity, compassion and altruism throughout their lives, so we kids always knew that service and acts of generosity provided their own reward.

As synchronicity would have it, I came upon an article in the December issue of the Albany edition of Natural Awakenings magazine. The article is entitled "Do Good, Feel Good: The Helping-Health-Happiness Connection", by Lisa Marshall. She summarizes research studies that show that acts of generosity and service and the feelings that initiate them (altruism, compassion, empathy) correlate with improved health and wellbeing. Long, long before research showed increases in endorphins, calming hormones, decreased addiction, etc. in volunteers doing benevolent acts, I knew for sure that service and generosity made me feel better.

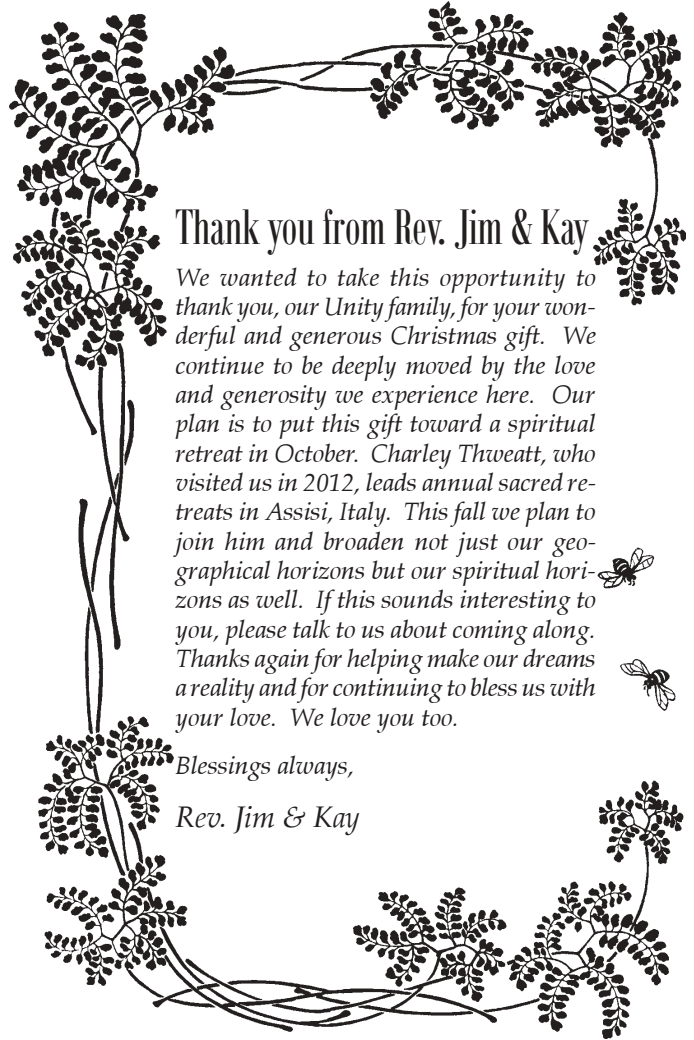
Rev. Jim's sermon on January 12, captured my attention when he spoke of serving the soul/spiritual being within the person, rather than serving the ever-changing personality/physical person, affirming "In all things I choose service to Spirit."

All this week, I am getting more insight into the truth that what I am doing as I serve is not as important as the way I am being. (Thank you, Heather Diddel for planting this seed thought.)

For example, prosperity is not about just having money or lots of things. To me, it's a consciousness (way of being) that we already have everything we need, from a spiritual perspective. The more I remember that Spirit is my Source, the more my anxiety level drops and the more I trust in Spirit to provide for me. I feel very differently when sharing my abundance from a place of gratitude and trust (way of being) than I do when giving time or money to eradicate what I see as a lack or scarcity (a way of trying to do/fix).

In terms of service, I'm now seeing that Hospitality's focus is not about the food, but about welcoming the Christ in each person and providing a pleasing environment for them to make and nurture connections. (I think we'd call that Fellowship!). As I become more conscious of my Christ self serving other Christ beings, I sense that I am wordlessly broadcasting "Welcome everyone"; "Fill up your soul till it overflows and fills the room, and while you are at it, have a little food and drink".

Let's all be healthier through service. Remind each other that in all things, we choose service to Spirit.



Thank you from Rev. Jim & Kay

We wanted to take this opportunity to thank you, our Unity family, for your wonderful and generous Christmas gift. We continue to be deeply moved by the love and generosity we experience here. Our plan is to put this gift toward a spiritual retreat in October. Charley Thweatt, who visited us in 2012, leads annual sacred retreats in Assisi, Italy. This fall we plan to join him and broaden not just our geographical horizons but our spiritual horizons as well. If this sounds interesting to you, please talk to us about coming along. Thanks again for helping make 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

Teach Us To Pray

By Charles & Cora Fillmore
(January-February selection)



Discussion with Rev Jim: March 9th at 12:30 PM

Teach Us To Pray introduces itself in part with the following. "We have been so persistently taught that prayer consists in asking God for some human need that we have lost sight of our spiritual identity and have become a race of praying beggars. God is Spirit in whom we 'live, and move, and have our being.' We are the offspring of this Spirit and can make conscious contact with It by turning our attention away from material things and thinking about Spirit. As we practice this kind of prayer our innate Spirit showers its life energies into our conscious mind and a great soul expansion follows. 'Whenever you pray, go into your closet and shut the door and pray to your Father who is in secret; and your Father who sees in secret will reward you.'"

The book consists of short articles on prayer written by Charles Fillmore. It was compiled and edited by his second wife, Cora. It offers a unique glimpse into Unity's origi-



2014 A Great Year continued —

wonders. Imagine it as you opening the doors of your mind and life so that God may bless you in ways you might not have even thought of. And let's face it if we were smart enough to know what would really bless us and how that should show up we wouldn't need to pray for anything in the first place. We would simply be saying *thank you God for my wonderful life*, which sometimes is a pretty good prayer to pray anyway.

2014 is a great year for Unity Church and for you. This is a spiritual fact. Your work is to lay claim to this idea and welcome it into your life. As individuals we lay claim by praying and meditating daily, and by including the affirmation, *2014 is a great year for Unity Church and for me*, in our prayers. As a community we lay claim by choosing to hold a vision that includes us and extends beyond us, affirming good and blessing for all of our community. The power of our individual and collective prayers to renew our minds and bring good into our lives can't be overstated; it is tremendous.

2014 is a great year for Unity Church and for me. Amen.

An Urgent Need

The director of the food pantry has let us know that they particularly need:

- **Laundry detergent**
- **Cleaning supplies**

While you're shopping this week, be mindful of your abundance, and attentive to the generosity of spirit.

At other times, you may want to keep this rotation in mind.

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

Grow in Understanding of Spiritual Things Sunday Prayer & Meditation with Rev Jackie



Unity's co-founder, Myrtle Fillmore, once said "if you would grow in understanding of spiritual things, become as a little child and let the universal Spirit of Good teach you." The one sure way of following our co-founder's guidance is through the practice of meditation. Meditation is listening to God or as Myrtle referred to the Divine "the universal Spirit of Good".

The practice of meditation allows us to connect with the Divine in perfect union. The practice can bring us to that place of calm and perfect peace that cultivates our soul. We can then experience more clarity of thoughts and direction in our lives. Again, as our co-founder said in *How to Let God Help You*, "if you would know the perfect relation of all things in the universe, cultivate the soul. It is Intelligence Itself and will reveal to you, in the silence of meditation, glories and beauties of which you have not dreamed."

Rev. Jackie Hawkins is now leading a time of Sunday morning prayer and meditation each week from 10:15 to 10:45 AM. Please arrive before 10:15 as the doors will close at that time.



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!*

Introduction to “Create Your Best Life!” With Rev Ginger Hannah Sunday, February 2nd 12:45-3:00 PM cost... only \$20



Join Ginger and learn how to effectively use the simple but powerful tools of meditation / creative visualization and affirmations to create happiness and success, including:

- *Your authentic Self*
- *Vibrant health and energy*
- *Loving, trusting relationships*
- *Fulfilling, prosperous work*

Leave the class feeling empowered with these proven methods to make a positive and lasting difference in your life!

Ginger has facilitated the “Create Your Best Life!” knowledge and skills with the Leadership Team at Bryant & Stratton College and with individual groups with terrific results! She combines 25 years of experience in the Human Resources, Education and Business fields with her Spiritual Ministry, meditation, mentoring and Reiki healing practices.

Here’s what past participants say:

“Thank you for showing me that opening up and sharing a vulnerable side is not only OK but tremendously healing as well. You have inspired me to move into those areas with my family. I want life to be an adventure now that I no longer am afraid to experience!” “I am grateful to know such an enthusiastic, caring & genuine person. You are an inspiration to the people you mentor.” “I appreciate the openness with which you shared your own feelings, experiences & buttons. The outcomes achieved through your facilitation have been astonishing!”

Ginger will offer a 7-session “Create Your Best Life!” skillshops at her home in Niskayuna beginning in February. For questions or to RSVP for this class or skillshops series, please call or text Ginger at 527-6968 or email: gingervision26@gmail.com.

Are you interested in becoming a Unity Prayer Chaplain?

Prayer Chaplains are people who pray with others at the end of our Sunday services. If you think you might be interested we ask that you first complete our winter prayer class “The Universe Is Calling: Opening To The Divine Through Prayer.” In May Rev Jim will offer additional training for those who wish to become Prayer Chaplains.



\$mall Business Fair

February 9th & 16th • 10:00 AM – 1:00 PM

Do you want to know more about your church community? Come see what your fellow friends of the heart have to offer in the way of services and products at our annual \$mall Business Fair. The event will warm you in this cold winter month! Because of overwhelming participation in the past, the event will include two Sundays, February 9th and 16th.

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 at 373-2135 or at tedandbonkriss@hotmail.com.

Metaphysical Interpretation of Bible Stories for Children (& Big People)

Sundays February 9 & 23, March 9

Time: 12:30pm to 2:30pm

Location: Garden Room

Instructor: Jane Bloom, MEd.

This class will explore selected Bible stories from both the Old and New Testament using metaphysics to interpret the story beyond the story. Class members will learn to use the maieutic technique for interpretation and will use and become familiar with *The Revealing Word* and the *Metaphysical Bible Dictionary*, both by Charles Fillmore. They will be introduced to the website TruthUnity.net as a tool to aid in Bible interpretation.

Jane Bloom has been a teacher for all of her adult life and holds a Master degree in Education. At her previous Unity Center, Jane was on the Leadership Team, was team leader for Hospitality, served as Sunday Service coordinator and managed the church software. She has been with Unity since 2004 and joined Unity of Albany in spring of 2012 when she moved to Vermont. She currently coordinates our Youth Program and is on the path to becoming a Licensed Unity Teacher.

For more info contact Jane at: janeb915@gmail.com or 802-430-4490



The Universe Is Calling: Opening To The Divine Through Prayer

Wednesdays at 7:15 PM, beginning February 12th

What are the pitfalls of prayer?

What is the inner process of prayer?

What comes after prayer?

Rev Jim will lead an eight-week class based on Eric Butterworth's book "The Universe Is Calling." The class will help you learn how to pray for yourself, how to pray for others and how to pray with others. Prayer has always been at the heart of the Unity movement and who better to share Unity's understanding of prayer than Eric Butterworth, protégé of Charles and Myrtle Fillmore. You will learn to develop the inner intention needed to give power to your prayers. Prayer is about connecting with the always present power of the Universe and allowing that connection to heal and empower your mind and life. We all experience the natural urge to pray, and we all have the innate capacity to get results from our prayers. Please purchase "The Universe Is Calling" and begin reading the introductions and first chapters in advance of the first class.

Unifying Divine Aspects Within™:

Personal Healing I

with Kelly McDowell Moeller

February 22-23 • Sat. 9-6 & Sun. 1-5

Cost: \$240

Learn a ground-breaking system of working with your chakras that can deepen your process with Unity's Five Basic Principles and bring great clarity & speed to your healing & spiritual path.

Pinpoint your limiting error beliefs and personal dualities causing life problems & illnesses—by finding splits between your chakras. Then you can pinpoint the unitive Truths you

need to affirm to realign with Divine Mind, Oneness, and Health!

With Kelly's expertise and loving guidance, we will:

- explore chakras as gateways to major spiritual Truths, Divine Aspects, and Blessings
- begin to relate physical illnesses and life problems to specific chakra splits and un-Truths
- learn how to directly feel and confirm personal soul splits in our bodies and energy systems
- listen to the emotional voices of our chakras to get much valuable information
- learn 3 steps of healing chakra splits—to realign with Truth in mind, feeling, embodiment
- open to the Holy Spirit and divine beings for transformation and healing

For more: www.kellyaurora.com. To register call Unity Church: 518-453-3603.

KELLY MCDOWELL MOELLER Is the creator of Unifying Divine Aspects Within spiritual healing, a Brennan Healing Science practitioner, and a longtime student of healing by Truth through the Pathwork. She has taught at Omega Institute numerous times and was a speaker at the 2012 International Pathwork Leadership Conference.



A private session is recommended beforehand to clarify some personal chakra splits before the weekend, but is not required. To schedule a private session: Call Kelly at 845-657-8168.

Unity Church Annual Meeting

Sunday, March 2nd at 12:20 PM



The meeting will include brief reports from Reverend Jim and board members. It will also include the election of two trustees to serve on the church board. Only church members can serve on the board or vote for trustees. The meeting itself is open to members and non-members alike.

4T Prosperity Program Coming in March!

Tithing of Time, Talent and Treasure for Prosperity and the Fullness of Life

Unity Church in Albany will once again be offering the life-changing, mountain moving 4T Prosperity Program. This spring, be prepared to move powerfully into a new vision of your life and the possibilities for abundance in all areas: health, wealth, relationships, spiritual awakening, joy, creativity and more. With the 4T Program, unlimited opportunities abound!

The Program will be offered Monday evenings at 6:15 PM, starting March 3rd. Each class will last 2 full hours and consist of sharing ideas, successes, questions and apparent difficulties with the group, listening to and reading the 4T materials and small group Prayer Circles.

Program participants agree to commit that they will Tithe of their Time Talent and Treasure for the 12 weeks of the course, which will meet Monday evenings through May 19th. At the end of the 12 weeks, Unity Church in Albany guarantees that if you have not experienced a significant shift in your consciousness, your Tithes will be cheerfully refunded! You can't lose!

The 4T classes will be facilitated by Heather Diddel and John Frederick. Materials will be available for purchase in mid-February. Materials include a set of 12 CD's and an accompanying Study Guide with daily exercises and assignments designed to bring the Truth of Abundance and Prosperity to Light in your Mind.

Please prayerfully consider if you are ready to raise your consciousness to a level where there is abundance everywhere you look; where you clearly know that you are enough, you have enough and there is more than enough to share; where you awaken to the unshakeable awareness that health, vitality, peace, prosperity and joy are freely received and freely given in Love.

"Give, and it shall be given unto you; good measure, pressed down and shaken together, and running over.....For with the same measure that you give it shall be measured to you again." Luke 6:38

Come join us on this 12-week journey into Prosperity and the Fullness of Life.

Pot Luck Lunch

Sunday, March 16th at 12:30 PM

It's time to cook up something interesting, bring it to church and spend some time with your Unity family. Everyone is invited and guests are always welcome. No advance signups or reservations required.

Events farther out...



Town Meeting

Sunday, April 6th at 12:45

Town Meetings are your chance to talk with Rev Jim and members of the church board, to learn about the upcoming plans for the church, and to ask questions or offer suggestions. Everyone who attends Unity is welcome to participate in the meeting, not just members. The meeting will take place in our downstairs fellowship hall, so plan to grab a cup of coffee and stick around.

Maundy Thursday Worship Service

April 17th 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.

"Misspent Youth" in concert

Friday, April 25th at 7:30 PM

John, John, Gary, Joe and Dave are all members of our Unity community. They are also men who love to make music together. Join them and their friends for an evening of rocking-crooning-celebrating music.

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)

Spotlight on Service

By John Daubney

Rob Geyer

For some of us, giving and the sharing of our talents are in our DNA; it comes as natural as breathing. For others, stepping out of our comfort zone and giving service to others may be, because of past life experiences or other reasons, not as easy. The good news, however, is that either way we can learn the benefits of serving others. It is said that those who will be truly happy are those who have learned to give. Rob Geyer has shown that despite the temptation to stay safe by staying within the “box,” where it concerns serving others, he has experienced the rewards of pushing through those self-imposed barriers, and finding more of his capacity for love, joy, and spiritual growth.

“I’d like to share something with you. I realize that I have a narrow comfort zone at times. It is as if there is a line around me and I’m at home inside this line. Sometimes I approach the line and I can feel a strong sense of discomfort. Usually I back away. But not always. I sense there is something important on the other side of the line but I just can’t see it. Somehow I know it has to do with my growth and my expansion into the world. I’m not always ready for that. Maybe you aren’t either. I’ve come to the conclusion that it is really and truly okay that I stay within my lines and I believe its okay for you to do the same.

But I do want to share with you what happens for me when I step over the line. Sometimes it is scary, sometimes exciting and always it changes me. I’ve seen others stand next to their own lines and then just jump across. I watch what happens to them and hear their beautiful stories. It inspires me. And that inspiration leads to courage and excitement for me. I wonder- what would happen inside me if I stepped across my lines? It takes me a moment to realize that there is only one way to truly find out. And then sometimes, I just jump.

“Service” is over the line for me. But every time I cross it, I grow and fill up some place inside me that was somewhat empty. When I share what is inside of me, I grow bigger. Not inside my head, but inside my heart. I learn about myself as well as the world outside of me, which is sometimes “you”. And I really like learning about you. I think you’d like it to.

Here’s an example for me. It was my head that wanted to be on the Board of Trustees here at Unity. It had good reasons, especially since that would provide me with oppor-



tunities to make a contribution to Unity. I felt that I’d received so much and I wanted to give back. But my heart was focused elsewhere. My heart wanted something more personal and suggested I pay attention to spirit. While writing an opening prayer, as “platform elf”, an idea came to me, that to symbolize and encourage abundance and prosperity, it would be fabulous to place colored glass stones at all of the openings at Unity; on the window sills, over the doorways, by the phones, and at the computers. That felt so right that I wanted to offer them to others, so for a couple of Sundays, these stones sat in a

bowl on the platform waiting to be taken home with folks. Is that “service”? I guess for me it was by my definition. What I know for sure is that it changed something inside me; something positive. And I get reminded every time I see those stones. My heart tells me to be happy and I say “yes, thank you”.

But what really is “service”? I can’t say for anyone else, but for me, service is “the intention to connect with others”, one at a time, in a group or outward to the world. For me, it happens when my heart overflows. Often my head doesn’t even know its happening. And that’s okay, in fact, better than okay.

I used to think my service depended on my strength and my talents. I don’t anymore. I’ve experienced the beauty of others supporting me. I’ve felt them carry me and stand by me. When this happens, “service” becomes a group project. I believe we’re naturally connected and all I really need to do is get out of my own way † my “thinking” way † and listen to my heart. It is my heart that encourages me to “jump the line”. I invite and encourage you to give it a try the next time your heart speaks to you.”

“Even the most exalted states and the most exceptional spiritual accomplishments are unimportant if we cannot be happy in the most basic and ordinary ways, if we cannot touch one another and the life we have been given, with our hearts.”

Jack Kornfield, author, A Path with Heart

Something to share?

Articles for the April/May edition of this newsletter can be submitted to Denise Klein at katzr3@nycap.rr.com by Sunday, March 23rd. Your news articles, spiritual thoughts, poetry, photos, humor or suggestions are always welcomed.

February calendar March

February

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*Grow in Understanding of Spiritual Things
Sunday Prayer & Meditation with Rev Jackie*

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With Rev Ginger Hannah*

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