



April to May 2014  
Vol 30, Issue 3



# The Messenger

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

## Easter and Salvation

### A “traditional” view of creation and salvation...

First God created a perfect world with perfect people but it didn't stay perfect for very long. Depending on whom you listen to, either God or God's adversary tempted God's people into disobeying Him and thereby bringing eternal trouble into His formerly perfect world. Later around the year 4 BC God sent his son Jesus (or perhaps Himself as Jesus) to serve as a human sacrifice to atone not only the errors of the first two people and those who came after them, but also for people who had not yet been born, but who would be born and would continue to commit errors even though he had atoned for them. We are then encouraged to accept this story as good news and hope that through it we might somehow achieve reconciliation with God and Jesus, but probably only after we die. To me all of this sounds very confusing and also like pretty poor planning on that part of God. Taken at face value it would appear that God is neither capable of creating an enduringly perfect world or of saving His creation from continuing troubles. Is this really God?

### Another way of looking at creation...

First we must understand that our Bible's creation stories are allegories; stories created to symbolically address questions like: How did the world come to be? And, how did problems come into the world? Since the book of Genesis offers two completely different accounts of creation we can deduce that neither was being offered as a literal history. As we examine them carefully we will notice that God is presented as Spirit and so His creations must be the offspring of Spirit. We will also notice that God as Spirit is able to create physical substance out of the unformed, out of Itself. In the New Testament Jesus clearly states, “God is Spirit...” (John 4:24.) He goes on to teach that we are children of God and therefore spiritual and eternal in nature. He also teaches that we have the ability to create or un-create just like our Creator, “For truly I tell you, if you have faith the size of a mustard seed, you will say to this

mountain, ‘Move from here to there,’ and it will move; and nothing will be impossible for you.” (Matthew 17:20) From this we begin to realize that it is God's laws of creation working through us that are building our world. The way our physical world shows up for us has its foundation in the thoughts and beliefs that we, God's creations, place our faith in.



By Rev. Jim Fuller

### Now about all those troubles we experience...

In the Old Testament we see references to problems and difficulties caused by the “hardness of the hearts of men” (and women) and in the New Testament by a lack of compassion and disconnection from the Spirit of God and God's Love. To me this is the most basic explanation of how trouble came into our world and why it still troubles us today. We are creative by nature but often we create without much love or compassion and so we make things that feel painful and alien to us. This process begins with our thoughts and then becomes solidified into the very substance of our bodies and our world. Each time we think unlovingly or uncompassionately we create a little more difficulty and suffering. The second Genesis allegory uses Adam and Eve to symbolize all of humanity. When our minds turn toward thoughts of “good and evil”, love and its opposites, we join Adam and Eve in confused thinking and we suffer along with them.

Jesus taught that our salvation or release from suffering lies not in sacrifices but in a consciousness of love and compassion; an opening of mind and heart that allows Creative Love and Life to move freely through us. Each time we recall that we are spirit and life and turn our minds toward goodness alone we move ourselves toward salvation and freedom. Jesus used not just his teachings but his very life to convey this message. He taught this one message consistently in all circumstances, even in the extreme circumstance of his own trial and execution. Through his

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## UnityChurchCares

As a church commUNITY, there are times in our lives when we may need help.

UnityChurchCares is volunteer ministry to offer such service in times of need. Utilize your church commUNITY for caring and support in the following ways:

### Examples of congregant needs:

- Do you need a ride to church, or an appointment?
- Are you having surgery and need a call for support?
- Are you having a short term occasional setback?
- Are you unable to prepare a meal due to temporary circumstances?
- Wish to share joys and/or accomplishments?

### How to reach out for needs:

- Complete request form and insert in pink mailbox, both located in Bradford St. lobby
- Leave message at church telephone: call 453-3603, ext. 14
- E-mail requests to email@unitychurchcares@yahoo.com
- Contact church minister, board member, or committee member



As a volunteer, perhaps you may be willing to be of service in the following ways:

### Examples of volunteer assistance:

- Offer a ride to church or appointments
- Offer support via phone calls, cards, etc.
- Help with short term assistance...meals, errands, etc.

### How to become a volunteer:

- Leave a note in pink mail box in Bradford St. lobby
- Send e-mail to email.unitychurchcares@yahoo.com
- Phone call to church at 453-3603, ext. 14
- Contact minister, board member, or committee member

### Be a person "on-call" monitoring needs of our commUNITY:

- Be "on-call" to monitor requests approx. 3-4x/year
- Check pink mail box for requests
- Monitor voice mail at church
- Check email requests
- Check in with individual's request for specific needs
- Access list of volunteers to carry out requests/needs

UnityChurchCares is a program to help one another. Who else to turn to but your church commUNITY? We are a loving commUNITY who assists in a non-judgemental way, with love, and compassion. "We are your family, we hold you in our hearts, you are the face of God."

## New Trustees and Officers

We are delighted to welcome Lois Crommelin and Ginger Hannah to our church board. They are joining continuing trustees, Dottie Frament, President; Debbie Singer, Secretary; Rob Geyer, Treasurer; and Nancy Wells. Our officers from 2013 will continue serving until our April board meeting at which time new officers will be prayerfully discerned. We also acknowledge our two outgoing trustees for their time and dedication to Unity Church; Heather Diddel for six years of service and Leslie Coffaro for three years. During their time as trustees Heather and Leslie helped hold the sacred vision for Unity and spearheaded projects and events. We are very grateful for their beautiful smiles and loving hearts; and we look forward to their ongoing leadership within our church community.

## Supporting the Food Pantry

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.

## Town Meeting

**Sunday, April 6<sup>th</sup>  
12:45-2:00 PM**

Town Meetings are your opportunity to learn more about what's happening at Unity Church, to 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.



## 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)

## Easter and Salvation continued —

unswerving identification with and faith in his spiritual nature and the power of God he transcended death and tomb. As timeless spirit he still continues to teach and guide and inspire.

### Now is our time for remembering...

Easter is an opportunity for us to remember that our lives will either be an expression of our true spiritual nature and a reflection of our Creator's Love, or they will be an expression of some form of loveless thought or superstition that we choose to put in its place. Since God is Spirit and we are spirit our salvation can never come through a body. It can't come through the glorification of a body or the sacrificing of a body. Salvation lies in our willingness to remember Spirit and to begin to look beyond physical appearances. We must find this in our relationships with our brothers and sisters as well as for ourselves. We do this in part by building faith or trust in God alone rather than in God *and* evil. We do this by choosing to align our thoughts with God's loving ideas rather than with lesser ideas like blame, anger and fear. And as we do our part the remainder of our salvation is accomplished by the Spirit of God, the higher loving intelligence that already exists within us and all those around us. This spirit of holiness illuminates us from within and releases us from the fearful images we have made. The best news of all is that since salvation is an inner shift made in Spirit it can happen for us in any circumstance and at any time.

*May your mind be open to the Holiness within you, that you may find your innocence and your salvation, your timeless perfection and your oneness with God. Amen.*

## Unity Book Club

### April-June selection

*"A Return to Love" by, Marianne Williamson*

A Return to Love is Marianne Williamson's classic reflection on her early experiences with A Course In Miracles, a spiritual program for self-healing. In the book she discusses how we each can each become "miracle workers" by taking control of our minds and choosing to express love in all of our relationships. Whether our present problems seem to be in the area of relationships, career, or health, she shows how love is always the answer, our key to healing and wellbeing.

This book is based on Williamson's own discovery of A Course in Miracles when she was just 26. Being Jewish she initially had little hope for finding inspiration from the book because of its use of traditional Christian terminology. Years later she is now one of the leading spokespersons on the Course, a book that has worked "miracles" for her and for countless others. A Return to Love is easy to read and a nice introduction for those who are interested in learning more about the teachings of A Course In Miracles.

Rev Jim will lead a book discussion on Sunday, June 22<sup>nd</sup> at noon.

## We Miss You!

Can you remember coming to church and spotting someone who you hadn't seen there



for a while? Remember how happy you felt and how nice it was to reconnect with them? If you haven't been to church recently we invite you to join us some Sunday. Perhaps you will brighten up someone else's day as well as brightening your own? Connection and community are two of the things that all people seek and need. And when the community is a spiritually based one the possibilities for positive, uplifting and even healing experiences are profoundly present.

Unity is not one of those churches that will track you down and demand, "Why aren't you coming to church?" Our members are always free to come and go as they need. We understand that life circumstances sometimes make it impossible to join us on Sundays. But when circumstances change back we do hope that you will come back. We have even added in a new Sunday evening service; yet another opportunity to spiritually connect with your Unity friends. So if you haven't been to Unity in a while please join us some Sunday soon. People will be glad to see you and you will be glad you came.



## Sunday Prayer & Meditation

10:15 — 10:45 AM

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 and friends are 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.

## Friday Movie

**April 4<sup>th</sup> @ 7:00 PM**

*“Life After Life”*



Stories of people who have died and been revived, told by the people themselves.

This is not a religious film; it is comforting and inspiring. This is a free showing

Here’s one film review: “★★★★★” *“LOVE THIS MOVIE!!!! Thank you Dr. Raymond Moody I would have to say this movie is one of my top 5 favorites of all time. Great gift for anyone who has lost a loved one or is dealing with a terminal illness. In his book “You’ve GOT to Read This Book”, Jack Canfield listed the book “Life After Life” as the book that most changed his life. The movie is as good as the book. I NEVER buy movies. Don’t like clutter. Just rent and watch them once....But this is one I like to watch at least once a year to remind myself of what is important in life. One more thing, don’t be swayed by the title, this definitely is a FEEL GOOD movie. You will love it and want to share it with all your friends!”*

**Dr. Raymond Moody** is the leading authority on the ‘near-death experience’ — a phrase he coined in the late seventies. His research into the phenomenon of near-death experience started in the 1960’s. Dr. Moody is the bestselling of eleven books including *Life After Life*—which has sold over 13 million copies worldwide—and *Reunions*, as well as numerous articles in academic and professional literature. Dr. Moody continues to capture enormous public interest and generate controversy with his ground-breaking work on the near-death experience and what happens when we die. Dr. Moody has appeared many times on Oprah and on programs such as NBC Today and ABC’s Turning Point.

## Introduction to Unity

**Wednesday, April 30<sup>th</sup> at 7:15 PM**

Join Rev Jim as he offers an introductory presentation on Unity. The evening will include information on the history of the Unity movement, videos of Unity current and past, and information about Unity today. There will also be time for questions and discussion. The class is free and open to all.

## Spring Membership Classes

**March 30; April 13, 27; and May 11, 18 & 25**

Would you like to join Unity Church or just learn a bit more about us? If so we invite you to participate in the six-week class we call “Unity 101.” We offer this membership classes each fall and spring. Our spring class will meet Sundays:

March 30; April 13, 27; and May 11, 18 & 25. Classes meet from 12:30 until 2:00 PM and are open to anyone wanting to learn more about Unity. They are required for those wanting to join the church. Please know you are not asked to withdraw your membership from other churches in order to join Unity and there are no financial requirements. Our purpose is to advance spiritual consciousness not to convert.

To become a member we simply ask that you attend worship services regularly for at least six months (that would be roughly since last September), attend at least four of the Unity 101 classes, and read a short booklet “Unity A Quest for Truth” by Eric Butterworth. The booklet is available in our bookstore. If you have questions about membership or the class, please call or speak with Reverend Jim.

You may attend Rev Jim’s Wednesday “Introduction to Unity” class in place of the March 30 class.

## Coffee House

**Saturday, April 12<sup>th</sup> @ 7:00 PM**

This is an open mic night with music, poetry, humor and more. Sign in before 6:45 to share your talents, or just come at 7:00 and enjoy the show. Admission is only \$5 and includes refreshments.

## Maundy Thursday

**Thursday, April 17<sup>th</sup> @ 7:00 PM**

*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.

## Passover Seder

**Friday, April 18<sup>th</sup> @ 6:00 PM**

The “Last Supper” that Jesus and his followers shared was actually a Jewish Passover Seder. This year we are pleased to invite you to join us for a Passover Seder at Unity. Our Seder will be a covered dish event with each person bringing a specific part of the Passover meal. Please sign up in advance at the church to reserve your place and coordinate what part of the meal you will provide. This will be a non-alcoholic and vegetarian Seder.

## “Misspent Youth” Concert Friday, Saturday, April 25<sup>th</sup> at 7:30 PM

Misspend Youth is the official “garage band” of Unity Church. (Actually they practice in the fellowship hall.) John Daubney, Gary Allocco, John Reith, Joe Caffaro and Dave Blough are all members of our congregation. They along with their friend Mark Goldman make up the band Misspent Youth. You can hear them at our coffee house open mic nights. (They actually organize and host the coffee houses.) On April 25<sup>th</sup> you can hear them in a full evening concert. Expect music from the 60’s, 70’s, 80’s and beyond. Admission is only \$5 and children under 14 are free.



## Video Satsang with Mooji

**April 27<sup>th</sup> @ 1:00 PM**

Mooji is a spiritual teacher with a gentle heart, wonderful presence and transforming message. Unity Church is delighted to host monthly video satsangs (spiritual gatherings) with Mooji. This gathering is free and open to the public.

## Sunday Multi-Faith Music Service

**ONE LOVE with Jody Kestler**

**April 27<sup>th</sup> @ 6:00 PM**

Throughout the ages and across cultures, prayer through song and simple body movement has been a powerful vehicle for connecting with the Divine. ONE LOVE weaves together traditional mantras with original melodies and fresh musical arrangements. In addition to offering the increasingly popular kirtan (high-energy call-and response chanting from the Hindu/yoga tradition), ONE LOVE leads ecstatic chanting from many spiritual traditions, including Sufi zikr, earth-based religions, Judaism, Buddhism, Christianity, and more—an uplifting and participatory musical celebration of global prayer!



The Ithaca, NY based band features Jody Kessler on guitar and vocals, Doug Shire on keyboard and harmonium, Shakti Moksha on vocals and percussion, and Joe Smellow on vocals, percussion, an array of flutes, harmonica, pan pipes, didgeridoo, and more. Read more at: [www.onelovechant.com](http://www.onelovechant.com)

## Day of Mindfulness & Meditation

with John Welshons (Ramananda)



**Saturday, May 3<sup>rd</sup> 9:00 AM – 4:00 PM**

Join John Welshons for a day of mindfulness and spiritual renewal at the Carondelet Center in Latham. The day will include prayer and chanting in the chapel. There will be teachings, stories, time for questions and answers, walking meditation outside and more.

Morning coffee and tea and a catered lunch are included.

Cost \$50 per person, with \$25 advance deposit.

Deposits are due by April 13<sup>th</sup> and can be paid with check or credit card.

John Welshons (Ramananda) is a highly respected contemporary spiritual teacher who lectures and leads meditation courses throughout North America. He has been a practitioner of *vipassana* (mindfulness) meditation and various forms of yoga for more than forty years. He has also traveled and studied extensively in India. He is a gifted counselor and teacher who has worked closely with Ram Dass and Stephen Levine and trained with Dr. Elisabeth Kübler-Ross. He is the author of three quite remarkable books: *One Soul, One Love, One Heart: The Sacred Path to Healing All Relationships*, *Awakening from Grief: Finding the Way Back to Joy* and *When Prayers Aren’t Answered*.

John also offers private consultations. The sessions last 2 hours and cost \$125. To schedule private session email John at: [johnwelshons@earthlink.net](mailto:johnwelshons@earthlink.net).

## Unity and A Course In Miracles

*A Mini-Class with Rev Jim*

**Wednesdays, May 7, 14 & 21 @**

**7:15**

Join Rev Jim as he shares his experience of integrating and incorporating the teachings of Unity and A Course In Miracles. The classes will include discussion of theological similarities and differences, applications of positive thought and prayer, and also what these teaching mean for our day-to-day lives and relationships. For those unfamiliar with A Course In Miracles we suggest that you read *A Return To Love* by Marianne Williamson.

## Friday Movie (just for fun)

*What on Earth? Inside the Crop Circle Mystery*

**May 16<sup>th</sup> @ 7:00 PM**

A discussion will follow....

"What on Earth? Inside the Crop Circle Mystery," is an award-winning feature-length documentary film. A longtime producer of events and projects having to do with our consciousness and our worldview, where crop circles have become her main theme, filmmaker Suzanne Taylor tracks her interactions, in England, over six summers, with an international community of visionary artists, scientists, philosophers, mathematicians, educators, writers, and farmers who marvel at crop circles. The superstars of "What On Earth?" are in fact the crop circles, a global phenomenon utilizing highly advanced sacred geometry, that has puzzled humanity for centuries. The photography of the crop circles in "What On Earth?" is awe-inspiring.



Here's one review: "I live 30 miles from Avebury and Stonehenge which puts me right in the middle of England's 'crop-circle central'. Suzanne Taylor's 'What On Earth' is by far the best film that I have ever seen on the crop circles. It is beautiful, thought-provoking and profound. More than that this film is also by far the best dossier of hard, useful information on this mysterious subject. It deserves wide recognition." Graham Hancock, author of *Fingerprints of the Gods*.

## Circulation Day

**Saturday, May 17<sup>th</sup> 9:00 AM – 3:00 PM**

Circulation Day is a "cash free" yard sale with a spiritual foundation. It's your opportunity to pass along (circulate) some of the good things that you are no longer using and to bless others. It's also your opportunity to receive good from others, to welcome prosperity into your life. Circulation Day is based on a simple spiritual principal: As we allow God's love and abundance to flow freely through us we experience more and more of God's blessing. So on Circulation Day everything is "freely given and freely received." There's no money involved, only good will and appreciation.

You can participate by bringing 1-10 items to contribute to the circulation. Items can be dropped off Friday the 16<sup>th</sup> between 9:00 AM and 8:00 PM or Saturday morning.

Please only bring items that are in good condition. We seek to open ourselves to that which has quality and value, so we want to share things of quality and value.

You are also welcome to take 1-10 items, even if you don't bring anything. This is not an exchange or swap; it's a spiritual exercise in giving and/or receiving. There are many blessings to be found in both.

### Want to help with Circulation Day?

Contact Trudy Ellis at 463-1381 or @ 472 0270, or they can email Trudy at. [te52@earthlink.net](mailto:te52@earthlink.net)

## Spring Cleanup Day

**Saturday, May 31<sup>st</sup>**

**10:00 AM – 2:00 PM**

Join your friends at Unity Church as we clean windows, tidy gardens and tidy up our church home for summer. Everyone is welcome to participate and prior cleaning experience is *not* required. Won't you join us?



## Events Farther Out:

**Church in the Park  
Services & Picnic at Thatcher Park  
Sunday, July 13<sup>th</sup>**

**Elaine Silver  
10:00 AM Service and  
6:00 PM evening "Kirtoncert"  
Sunday, August 17<sup>th</sup>**

**Charley Thweatt  
September 10 (Wed) Evening Concert  
September 11 (Thur) ACIM Workshop**

**Fall Retreat with Sandy Wells  
October 10-11 (Fri-Sat)  
Dominican Retreat Center, Niskayuna**

## Spotlight on Service

By John Daubney

# Jane Bloom

*For those of us called to service there is often a calling which comes from within the "heart space" as Jane puts it.: that "still small voice" or the heart-pull that says "there is a real need here and I can help." Her joy in working with Unity's children is very apparent and in that service she has experienced spiritual growth and expansion as a person. Jane has blessed us all with her work, as she focuses on using her gifts to make a difference in the world.*

Two years ago, looking for a quieter and simpler life, I moved to Arlington, Vermont. Having been formerly involved at Unity Church in Amesbury, Massachusetts and owning a passion for the teachings of Charles and Myrtle Fillmore I eventually made my way here to Unity of Albany.

*"Then you will know the truth and the truth will set you free" Jn8:32.*

Through the six decades of my life, I have been influenced by many diverse cultural mores: June Cleaver, Malcom X, the Beatles, Gandhi, Watergate... It is little wonder that I am not schizophrenic; I know I have been disillusioned. Coming to Unity, however, has been coming home. I have come home to my inner child, my truth. Through the work that I have been doing, I recognize and understand more and more who I am and what I am about. God is my Source; God will provide me with all manner of good; I am a child of God. I am free. These are troubled times, but it is through this recognition that I can face each day with a smile on my face and joy in my heart, and I can put aside the "small stuff" around me.

My mother has been my greatest influence and model for service. Following her example, I have always been involved in some type of service since my Brownie days in first grade. It brings me joy to see that what I can do to use my own special gifts and talents to bring a light to the eye of someone else, or make their day just a little better.

The second time I attended a Unity service in Amesbury, MA back in 2005, the Service Coordinator announced from the platform that there was a need for a hospitality leader. "Well", I thought, "How hard is it to make a pot of coffee?", so I met her afterwards and began a long journey of participation in the many service teams. I did hospitality for 2 ½ years which was a great way to meet people and get to know the church culture. From there I moved into other Ministry teams: Chaplains, Ushers and Greeters,



Sunday Service Coordinator, PowerPoint and Sound, Teacher in Youth and Family. I basically showed up where the need was.

Being in service is a calling that I feel deep in my heart space. Where and when I serve is motivated by that intuitive "small voice" that nudges me to move in one direction or another. I do what I feel called to do at the time. Sometimes I move onto a service team because there is a need, but mostly because Spirit is calling me to use my gifts here or there. Every opportunity has brought me great joy.

My love in service has been the children. The world and its economies, politics, and environmental issues are very difficult to deal with and everything is changing so rapidly that it is difficult to know which way to go! But there is also hope on the horizon. When I look into the faces of the kids on Sunday morning, I KNOW there is hope. I have the honor and privilege to bear witness to the future of our world every week. I have watched their passion as they discuss ideas on how to right the wrongs of our environment; I see their fortitude and compassion as they talk about ways to avoid bullying in their world and to make peace with all manner of diversity. I'm amazed at the questioning voices that ask "How come it isn't better?" Not only the youth of our little community, but all the youth of Unity are a passionate, caring, bright, group of young people who will soon lead this country and this world into the future. I have seen them at rallies and retreats, I have heard their voices and I know that we are surely in good hands. Witnessing this and hopefully being one small part of it is why I do what I do.

I realize that I have a very narrow comfort zone at times and a strong sense of discomfort when I attempt to move out of it. At the same time I sense there is something important on the other side of that line that has something to do with my growth and expansion. That is the challenge and the reward of giving of myself in service.

What I would say to anyone thinking of getting involved in service, I cannot say any better than Kahlil Gibran who said, "I slept and I dreamed that life is all joy. I woke and I saw that life is all service. I served and I saw that service is joy." It has certainly been a joy for me.

### Say something!

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

## A Woman's Time Out

By Lois Crommelin

Have you heard of **UNITY VILLAGE**? Do you wonder what goes on there?

Do you have a dream of going there sometime but just don't know how to facilitate that dream?

Have you ever asked yourself, "What's there for ME?" Well, if you are curious, click on their web site [www.unityvillage.org](http://www.unityvillage.org) then click on **Retreats**.

I have found a wonderful Women's Retreat to be held at *Unity Village on July 10 – July 13, 2014*.

All the details are there for your review. If you have difficulty getting on their web site or don't have computer access, please contact me and I will give you a print out of the details for your consideration .

My dream of going to the Village was made manifest when our Jackie Hawkins graduated last June. I didn't know what

to expect but I said "YES" and I went with open arms, an open heart and an open mind. Wow! This may sound a little crazy to you, but when I stepped foot upon what I now call "Holy Ground" I received a Blessing for the next 4.5 days that I could hardly contain! I did NOTHING except commune with Spirit. It was as if I knew my body was attached to "me" but the spirit man was walking on another level.

I invite you powerful woman of God to pray about the possibility of attending this wonderful Retreat with me. You will be so uplifted! What a great opportunity to ignite your spiritual growth journey like a rocket to higher consciousness.

I would ask that any women who are even a little bit interested or curious to let me know. I would like to meet with you, or talk on the phone or email with you soon.

*Thanks, Peace and Blessings, Lois Crommelin*

*lacrommelin@gmail.com • 577-1113 call or text*

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## The Music Box

### How Sweet the Sound

By Roger Mock

We have been offering our music and meditation service on a weekly basis each Sunday evening since this past September. Early in the week I take some time to plan the service, listening for a theme to present itself. One that has come up a few times now is that of *Healing and Wholeness*. That makes perfect sense in that it's why we gather to begin with. Healing is always an underlying theme. The practice of chanting sacred song is in itself a healing practice and the intent is to allow the song to take us deeply enough to touch that place of wholeness within and bring it back with us to the 'surface', if you will.

Recently we have been singing Sufi healing chant that prays, "Let me do Thy will, Allah", and then calls upon God as the Healer whose grace is sufficient to meet all our needs. You could say that being out of alignment with the will of God is ultimately the cause of our experience of a lack of wholeness; of the human condition. Here's a quote from *A Course in Miracles* that brings this to light:

*"You are afraid to know God's Will because you believe it is not yours. This belief is your whole sickness and your whole fear. Every symptom of sickness and fear arises here, because this is the belief that makes you want not to know." ACIM, Text Chapter 11.I.10*

Odd as it seems, we are actually afraid of God's will. And the point of a spiritual practice is to help us drop that fear and melt a little more into the arms of God; to come home step by step. We need each other to do that, too, and that's what a church is for, or a prayer circle is for, isn't it?. Actually, that is what all of our relationships ultimately are for.

Recently someone, having attended the evening service for the first time, remarked that it felt very sweet to her. I knew

just what she meant. Chanting together and allowing the song to lead us to that place of wholeness often engenders a palpable aura of bliss. At the end of a chant you can frequently feel it settle over the room.

Back in the fall, around the time of *Rosh Hashana*, we sang this Hebrew chant: "*Hineh ma tov umah nayim, shevet achim gam yachad.*" It quotes the beginning of Psalm 133, a passage which speaks precisely and eloquently about this very sweetness.

*"Behold, how good and how pleasant it is for brothers and sisters to dwell together in unity! It is like the precious oil upon the head, coming down upon the beard, even Aaron's beard, coming down upon the edge of his robes. It is like the dew of Hermon coming down upon the mountains of Zion." - Psalm 133*

How sweet the sound of our home-coming. How sweet the sound of remembering our wholeness.

### Our Worship Schedule

**Sunday Morning with services at  
9:00 & 11:00 a.m. &  
Music & Meditation Service  
every Sunday at 6:00 p.m.  
Youth Education classes at 11:00 a.m.  
Nursery Care available at 11:00 a.m.**

### Summer Worship Schedule

**One Sunday Morning Service at 10:00 AM  
May 25<sup>th</sup> through August 31<sup>st</sup>  
(Memorial Day – Labor Day)  
Sunday Evening Services at 6:00 PM  
continue throughout the summer**