



Free From All Harm



By Rev. Jim Fuller

ALL PEOPLE WANT TO FEEL SAFE, to be free from harm. But if you read a newspaper or watch a news report there seems to be no end to the constant stream of harmful situations encompassing our world. The covert invasion of Ukraine by Russia and the kidnapping of schoolgirls by Nigeria rebels both recently occupied and troubled my mind. Why didn't someone do something? Why didn't armies or police forces intervene swiftly and forcefully? Such action would seem not only reasonable but warranted and even necessary. Noticing as those thoughts repeatedly moved through my mind I became aware of two things. First it was clear that those thoughts represented a belief that harm or violence could be helpful for resolving or eliminating harm or violence. I also recognized that those ideas also turned the Russians and the rebels into undesirable "others" rather than my spiritual brothers.

While each of these situations may be temporarily "resolved" by war or police action, threatened or actual, no amount of threat or violence can produce ongoing freedom from harm. And turning Russians or rebels into "others" won't put an end to the competition, anger or greed that seems to be the root cause of many of the problems in our world. But are these really the causes of world problems or simply symptoms of an underlying problem that lies a bit closer to home?

If minds are creative, and I assure you they are, what might be the net effect of my belief that violence or threats of violence against "others" can keep me safe from harm? According to spiritual principle focusing on any type of thought and believing it to be desirable will serve to create more of it. Even if violence is defensive, perhaps threatened rather than actually enacted, the underlying idea held in the mind (harm) is still strongly present. The more we hold ideas in our minds and the stronger our belief in them becomes and the more they tend to show up in our lives.

What if there was another way of protecting ourselves and others

from harm? What if holding different ideas in our minds could eliminate dangers and keep us all safe from harm? We believe that we need armies and police forces because we believe that individually we are weak and powerless, easily subject to harm. We believe that we need external protection because we believe that "others" are more powerful or dangerous or perhaps evil. At the very least we believe they are misguided enough to be a threat to us. What if we decided to change our minds about some of those things? What effect might that have?

In the Sermon on the Mount Jesus says, "Blessed [or fortunate] are the pure in heart, for they will see God." (Matthew 5:8) What if by purifying our hearts and minds we might see God instead of danger, violence or harm? And where might we see God? Where else but in those same places where we now see "dangerous others" that cause us upset and fear? But in order to see things of God instead of fear we must first purify our hearts and minds, releasing our ideas that our brothers or sisters (God's children) are evil or dangerous. This may seem like a real stretch of imagination but perhaps that is what is exactly what is being called for? Only by stretching our imaginations beyond what we currently believe in can we uncover something different.

The Bhagavad Gita, which on the surface is the story of a war, reminds us that the victory goes to those who choose God (Krishna) over armies. It is the story of a battle that the hero Arjuna is encouraged by God to engage in rather than to avoid as he initially desires. But as the story progresses we discover that the actual battle is an inner one, a battle to overcome Arjuna's own misguided beliefs and habits. The Eastern teacher Paramahansa Yogananda offers a beautiful metaphysical interpretation of the Gita in his book *The Yoga of the Bhagavad Gita*. It offers a

Continued on page 3



President's Corner

By Dottie Frament



Recent experiences in mindful eating have increased my awareness of the hundreds of people and natural resources for which I have a debt of gratitude for the food on my plate on any given day. For example, there are those who tilled the soil and sowed the seeds, those who reaped or picked the veggies, those who transported the food to be packaged

or cooked, and all those involved in a similar chain for the spices that went into the food, and those who brought it to the store or restaurant where I got it. You get the idea. Whether we are aware of it or not, in big ways or small ways, we all affect each other's lives. We are interconnected with each other in one giant global web. Gratitude is the most natural response to the awareness of goodness expressing itself through individuals who are simply being themselves.

This week I had a similar mindful awareness that it takes a "village" of people doing small acts of kindness in the background in order for the front line caregiver to manage or provide hands-on care to aging, sick, and/or dying persons. No matter how much a caregiver wants to and is willing to provide loving care, every caregiver has limited time and physical endurance to manage all the physical, emotional, spiritual, and financial needs of their loved one. When one is exhausted from doing, providing care with patient loving kindness and respect is challenging.

I doubt that most of the people who reached out to provide a few hours respite for my exhausted caregiver niece Julie the day before Mother's day have any idea of the magnitude of their contribution to Julie's and her mother Barbara's transformational experience. Though I'm only focusing on a tiny section of the great web of contributors, know that you all had a part.

I was aware that my contribution to stay with Barbara that week would allow my niece Julie to get 5 uninterrupted night's sleep in her own home. But, it was my husband's contribution of emotional, physical, and financial support that inspired me to make the trip to Alabama. My niece, Katy knew I would be with Barbara, and knew it was now or never if she was ever going to get my dutiful caregiver niece Julie to break away from her 3 little kids, husband, and mother to enjoy a ladies' outing. Julie and Katie's husbands' contribution were to take the 5 children on a new outdoor/indoor adventure place. That morning, it was like pulling teeth to get Julie to agree to go "play", when her to-do list was so long. She definitely wouldn't agree to

spend time and money "frivolously" on the massage that Katy had in mind. Julie and Katie drove to the mall and spent the first two hours just sitting in the car talking. The luxury lunch and spa idea had morphed into lunch near Kohl's where Julie was now ready to shop. Their planned 3 hour outing turned into 6 hours. Katy's husband and I took the kids swimming after their adventure, so Julie's husband could take a much-needed nap. Katy's parents' contribution was to invite the grandkids to their house for dinner and an overnight so that Katy and her husband could rest up from the long day. You get the idea of the web extending ever outward.

That evening my sister-in-law Barbara told me she had the most unusual experience ever with Julie. She acknowledged that Julie was never one to be physically affectionate with her, and she always felt that Julie didn't really love her, though Julie was very thoughtful and took care of every need she had. She said that while I was cooking dinner, Julie came in, sat down on her bed and started chatting with her; as they talked, Julie rubbed her shoulders and arms; then she hugged her and started a heart to heart talk about how much she loved and appreciated her. Barbara said she had never experience anything like it and asked if I had talked Julie into doing it. I replied I hadn't even had a chance to talk to Julie since she got back. Later, when Barbara was asleep, I asked Julie what went on. Julie said that as I was preparing dinner, she started to do laundry and caught herself reverting to her habit of "doing work" when she had the opportunity to just go sit with her mom. So she chose her mom over chores. Julie said her heart was so full of love and gratitude that it just spilled over.

I acknowledge and am grateful to all the kind and thoughtful people in this great web of life who, whether they know it or not, contributed to a most beautiful and transformational Mother's day for my grieving sister-in-law, niece, and myself. Gratitude is the most natural response to the awareness of the web of people who are doing small things with great love.

Unity Board Meetings

June 19th, July 17th, August 21st

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

Free From All Harm continued —

complete but not overly complex metaphysical interpretation of the various characters in the Gita and what they represent in us. We can also find similar teachings in writings like the Tao Te Ching, an ancient Chinese text on how to wisely rule (our own minds). I like the contemporary translation of the Tao by Stephen Mitchell.

Jesus points toward the same things with his teachings and beatitudes. Love your neighbors; and that includes everyone. Love even those who appear to be your enemies. Blessed [or fortunate] are the peacemakers, for they will be known as children of God. Blessed [or fortunate] are the pure in heart, for they shall see God! Purifying my heart, changing my thinking day-by-day and thought-by-thought, becoming harm-less rather than harm-filled; these may not seem like ways to resolve the problems of the world but they just might be. God-aligned thoughts and beliefs held in the powerful and creative minds of God's children have the power to literally form (and heal) worlds, yours and mine.

Blessed is my pure and harmless heart for it, and it alone, will reveal to me the presence of God... everywhere. 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 22nd at noon.



The Music Box How Sweet the Sound

By Roger Mock



I've been making music in churches my whole life. Looking back, I recall many special moments. There were musical pieces, for example, that took a lot of work and focus to pull off with a group of singers and musicians, and there was a great sense of accomplishment and joy when it all came together. There were particular configurations of musicians and gifted vocalists that allowed for the creation of some truly beautiful and inspiring music. But what I treasure most are the moments when the music just seemed to make itself, when it seemed like a living force that we musicians were just allowing to move through us. Each of us was attuned to the sound being created and we allowed it to breathe and harmonize and unfold. I'm very happy to say that such moments occur quite frequently these days at Unity! And I am so grateful to our music team for the heart and soul and time and talent that they give to our community.

You can perform a composition with note by note perfection, perfectly tuned harmony and flawless rhythm and still feel as though something crucial is missing. In the same way, I might follow a recipe very precisely and produce a reasonably tasty meal, whereas a true cook might only glance at a recipe and then deftly allow the ingredients at hand to assemble themselves into a culinary masterpiece.

It's all about the allowing. We gather whatever gifts and experience and resources that we have, place them at the feet of Spirit and then we allow, we offer ourselves as the instrument or channel for whatever wants to come through. Here's a little verse from 14th century Persian poet Hafiz that says it well:

*I am a hole in a flute
That the Christ's breath moves through –
Listen to this music.*

Unifying Divine Aspects Within™: Personal Healing I with Kelly McDowell Moeller

June 21-22 Sat. 9-6 & Sun. 12-4

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 you 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.

Seven Spiritual Laws of Success

Wednesday class with Rev Jim Fuller

June 25 – August 6 @ 7:15 PM

Join Rev Jim and Dr. Deepak Copra for a seven-week look at spiritual success. Explore the spiritual meaning of success and some of the ways you can work with spiritual law to achieve it. Each class will include a video presentation by Dr. Chopra, a review the key teachings, and an exercise for practicing one of the spiritual tools he suggests. The class is presented on a love offering basis. No pre-registration is necessary. The companion book "Seven Spiritual Laws for Success" is available in our bookstore or online.

The Beatles, Higher Consciousness & Meditation

Workshop with Cary Bayer - cost: \$25

Sunday June 29th 12 – 2:30 PM

Cary Bayer is a longtime former teacher of Transcendental Meditation, a TM teacher trainer, and the founder of Higher Self Healing Meditation. HSHM was inspired by Cary's experience teaching TM to hundreds of people over more than three decades. It enables people to connect to, what the Beatles sang as the "life (that) flows on within you and without you." It was inspired by the same meditation that the Beatles practiced and sang about.



This workshop features an integrated balance of listening to Beatles' songs about transcendence and meditation, discussion about their meaning, and sharing on how to experience the same transcendence that the Fab Four sang so beautifully about. Bayer, author of *Meditations on Enlightenment*, also teaches a breath meditation that the band members practiced, and gives a simulated experience of the meditation, as well.

"The Beatles played a major role in shaping and expanding world culture for years," says Cary. "They also played a major role in helping expand *consciousness*, especially through their involvement with meditation and their intensive immersion in it at the Maharishi's ashram in India. This class listens to and looks at the songs they sang about meditation, and the way they help stir consciousness by inviting us to connect to the Transcendent within us all.

Cary Bayer (www.carybayer.com) is a nationally-known author, personal coach and workshop leader. His coaching clients have included Oscar-winner Alan Arkin and comic/director David Steinberg.



Kirtan with Chandrika

Sunday, June 29th at 6:00 PM

Susan Garth, Rob Morrison and Mark Heffernan, collectively make up Chandrika, one of the area's best kirtan bands. The energy of love and devotion their music generates is palpable. Join them for a special evening of sacred music and chant at Unity Church. Admission is free. Love offerings are appreciated. Jai Ram!

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

Sunday, July 13th

Services - at 9:30 and 11:00 AM

Pot Luck Picnic at Noon (covered dish)

We have a shady shelter with a beautiful view!

Look for the big Unity Church banner right just you reach the Overlook Parking Area.

Things to bring:

- A covered dish to share. (We provide tableware and beverages.)
- Food to grill (We have a big grill ready for you.)
- Lawn chairs or blankets (There are plenty of picnic tables.)
- A drum if you have one for the 9:30 “Cliffside Service”
- Didgeridoo, if you have one, for Phil Jones’ afternoon workshop
- Friends, smiles, suntan lotion, Frisbees, games, walking shoes

No 10:00 AM service at King Ave on July 13th.

Our 6:00 PM service continues as usual.



“Discovering the Sacredness of Breath & Sound”

Workshop with Phil “Shiva” Jones

Sunday, July 13th at 1:30 PM

(at Church in the Park)

Phil will teach four basic steps during the workshop:

- Accessing a state of inner tranquility and connecting to the Divine within, including simple breathing exercises for enhanced meditation. (An important aspect of the instrument.)
- Demystifying the technique of Circular Breathing, where you’ll learn how to continuously make a sound through the instrument while breathing at the same time.
- Bridging the subtle and physical realms via the expansion of Harmonics.
- Creating nature, animal, percussive, and toning sounds through the Projection of the Voice.

Prior musical experience is not necessary.

Participants will be provided a didgeridoo to play during the workshop. Workshop admission \$20



Phil Jones is an interfaith minister and singer who speaks and performs at churches, spiritual fellowships, universities, yoga studios and wellness centers across the USA. From 1968-1975 Phil studied with an enlightened Hindu teacher, Swami Ambikananda. He parallels

the didgeridoo, a non-denominational meditation accelerator, with Eastern Philosophy, New Thought, and Aboriginal Traditions. As the lead singer and songwriter of the renowned English band Quintessence (Island Records/RCA), he pioneered the merging of sacred Sanskrit mantras into a modern musical format during the late 1960’s and 1970’s. Phil and Quintessence performed at the very first Glastonbury Festival (England) in 1970. Phil also performed at the 40th anniversary festival in 2010. Visit him on line at: www.philjonesmusic.com.



Trans-Portal in Concert

Saturday, July 19th @ 7:00 PM

TRANS-PORTAL is a two man band whose goal is to awaken the inner mind and move the soul. To see a musical performance by Portal is to experience the combination of spiritual awareness and expanded consciousness with the vibration of Sound and Music infused with healing intention. Come sing, dance, meditate and celebrate. Join in the collective consciousness while Portal shares their love of Music and Spirituality.

Beyond the scope of their spiritual based music TRANS-PORTAL will lift your spirit with their own brand of pop, rock, coffeeshouse and blues. They are also known to amuse with tunes of the tongue in cheek variety and their humorous tales of ole.

Phil "Shiva" Jones is an internationally known vocalist/musician who has performed at The Royal Albert Hall and Glastonbury festivals of England. He studied extensively with an enlightened guru (teacher) for many years and is well versed in eastern philosophy. In his home country of Australia his Aboriginal teacher taught him the secrets of the primordial sound instrument the Didgeridoo.

Frank Evans is a musician who attended Berklee College of Music in Boston. Frank is currently a member of the First Spiritualist Church of Onset in Massachusetts and a student of mediumship there. Frank's spiritual path has brought together his love of music and spirituality in a way that is refreshing and inspiring.

Admission \$20

Coffee House

Saturday, August 2nd at 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.



Events Farther Out:

Elaine Silver

Sunday, August 17th, 10:00 AM Service and 6:00 PM evening "Kirtoncert"

Charley Thweatt

September 10 (Wed) Evening Concert

Write Into the Present Moment A Spiritual Writing Retreat with Sandy Wells

October 10 & 11 (Friday evening & Saturday day)

**Dominican Retreat & Conference
Center in Niskayuna, NY**

This retreat offers an opportunity to develop the active mind of writing using the contemplative atmosphere of silence, sitting meditation and walking meditation. Writing and sharing writing in community deepens your capacity to listen and to write out beyond what you know. Writing practice provides a fresh way to develop a relationship with your mind and to discover how you see, think, feel and remember. Learn how to loosen your mind, write from your heart and find your true voice.

Sandy Wells has over 25 years of experience as an educator, facilitator and coach. She earned her undergraduate degree from NYU and graduated with an M.A. in Spiritual Psychology from Vermont College. From 1989 through 1997, she trained with Gay and Kathlyn Hendricks, authors of *Conscious Loving*. During that time, she facilitated their trainings and directed their Personal Supervision Program. Using laser awareness, open-hearted acceptance and practiced integration of body, mind and spirit, Sandy is a playful, creative collaborator and an illuminating revealer. She is known for her passion to learn and serve and offers mindful practices to support awareness, inner harmony and well-being.

Sandy spent four years studying with Natalie Goldberg, author of *Writing Down the Bones* and long time student of Katagiri Roshi. Some of her other spiritual teachers include Thich Nhat Hanh, Master Charles Cannon, James Amarish Caruso, Pema Chodron and Patricia Hunt-Perry. Sandy is the director of the Institute for Mindful Living in Cornwall, NY.

Registration opens June 15th. Cost (including room and meals) \$180.

Spotlight on Service

By John Daubney

Dottie Frament



Dottie's journey is a testament to the inspirational power of our willingness to serve others through doing what we love to do. Just as Dottie was impassioned by those she saw joyfully giving service, others in the congregation will most likely be lit by the "sparks" Dottie throws off as she freely gives of herself at Unity. Passionate service is contagious!!

"When I think about my journey with service at Unity, I am reminded of the words attributed to Mother Teresa in a Scott Kalechstein song: "In this life we can't do great things, only small things with great love."

I should back up and say that serving with great love is a radical shift from the way I provided service before coming to Unity. Both my husband (Paul) and I were very involved over the years in service to our previous church community. With a strongly developed sense of duty and responsibility, we were both heavily involved in Sunday liturgy, served on the parish council, taught youth religious education, etc. By the time we came to Unity in 2005, however, we felt spiritually dry and in need of a respite from responsibility. I was also working full time as a home care Occupational Therapist at this time, and was well on my way to caregiver burnout. We were *tired and thirsty travelers* looking for fresh water to revive ourselves!

So, for our first 1-2 years here, we just drank from Unity's *well* without giving back. I came to church to enjoy the inspiring music, be among welcoming people, drink in the inspiration from Rev. Jim's sermons, and partake in the coffee and hospitality after church. After being "takers" for more than a year, we began to notice that we could stop being defensive about having to join the church or take on a job. There was no one pressuring us, only people nurturing and reviving us.

About that time, a miracle happened. I had known Phyllis Pulver from Friends in Harmony, but I would never consider singing in front of a group. That is until Phyllis extended an invitation to anyone in the congregation who loved to sing, to sing with Unity's Fourth Sunday Singers. Since one of my passions is singing from my heart, I sheepishly volunteered. Soon, I was arranging my calendar to always be in town on 3rd and 4th Sundays, so that I could practice and sing on 4th Sundays. This, my first service at Unity, was a heart opening, joyful experience for which I will always be grateful.

Following this same inspiration, to volunteer with what I so enjoy, I offered to help out in the meditation garden. Paul and I still thank Donna Britton and Norma Seaward for inspiring us to join them in doing what we love to do. We enjoy the fun and fellowship when gardening as much as we enjoy the beauty and sacredness of nature when we work alone.

From these small beginning activities, it was then easy to volunteer to help out with Hospitality after Sunday service and then also to be on the Unity Church Cares Committee (UCCC) (Have you every known two more joyful people than Heather Diddel and Diane Teutschman, the women who head up these services?) Both the Hospitality and the UCC committees are about doing small things with great love. I enjoy meeting new people, so I found it easy and fun to make coffee and set up snacks to facilitate this experience for others. UCCC is another opportunity, to offer our love and compassion by simply sending a card or flowers to someone who maybe experiencing difficult times.

However, when I was asked the 3rd time to run for the Board of Trustees, I was besieged with fears. Although clear that I wanted to give back to Unity for all the goodness I was receiving, I now perceived this service offer as being a BIG service commitment. But, I also recalled the number of times that Heather Diddel had told me that it was a joy to serve on the Board; that she had grown spiritually by working with our Board members who aimed to apply Unity principles in their daily life. Could I trust this might come to be true for me as well?

Well, my skepticism receded in a flash while in prayer, when it came to me to just trust that Spirit would use me in a way I could not yet imagine and in a way that would serve me and our church. Since being on the Board, I have experienced, in sometimes dramatic ways, the release of limiting beliefs that has brought forth my unused/unknown talents in service to others.

You'll see the power of Spirit, if, when it comes my time to give the Treasurer's report to the congregation, I can embody the enthusiasm and love of my predecessor, Dennis Ryan ... as I confidently sport a green accountant's visor."

Summer Musings

Articles for the August/September edition of this newsletter can be submitted to Denise Klein at katzr3@nycap.rr.com by Sunday, July 20th. Tell us about your summer journeys, whether physical, mental or spiritual.



Summer Worship Schedule
One Sunday Morning Service
at 10:00 AM
May 25th through August 31st
(Memorial Day – Labor Day)

Sunday Evening Service at 6:00 PM
continues throughout the summer



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!*



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.

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 towels, household cleansers.

Sunday Prayer & Meditation

Summer schedule 9:15 – 9:45 AM

During the summer Rev. Jackie Hawkins and friends will lead the Sunday morning prayer and meditation from 9:15 to 9:45 AM. Please arrive before 9:15 as the doors will close at that time. Sunday prayer and meditation will return to its regular schedule (10:15-11:045 AM) in September.