



unity

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Your Power of Will

Among the “12 Powers” that Unity co-founder Charles Fillmore describes in his book of the same title is the power of will. Fillmore calls it the executive power of the mind. His chapter on will opens with the quote “The will is the man.”

While we may think of willfulness as something that needs to be put aside or overcome as we move along our spiritual path Fillmore might disagree. Can we be willful and still make spiritual progress or is complete surrender needed? As it turns out this is not really an either or question. Yes we do need to surrender to Higher Mind and be open to inspired ideas arising from God Mind. And yes we do need to utilize our power of will to help us focus our attention on Higher Mind and to bring the inspired ideas we receive into manifestation.

At the most human level having a strong dependable will to help us do what is healthful and helpful can be a very good thing. Recently a friend commented that some days he had to make himself get up and go do what he needed to do.

We have all had those days. There are days when I must engage full will-power to do my morning stretches, take an exercise walk or find time for a bike ride. And just like exercising my muscles each time I exercise my will for these simple but helpful things it grows a bit stronger.

Years ago I had to develop enough strength of will to be able to sit and meditate. Many mornings I simply didn’t want to or I would tell myself I didn’t have the time. After years of willing myself to get up in time to meditate and then to actually sit down and do it,



my will to meditate is now quite strong. My will to exercise is not quite as strong but is improving as I exercise it more.

Our power of will is our innate ability to direct our attention, intention and energy toward a desired objective. At the level of the body we can use will-power to get ourselves to exercise, eat better foods or do other positive and healthful things. At the level of the mind we can use will-power to turn our thoughts away from criticism, fear or anger and redirect them toward appreciation, compassion and connection. We can use positive affirmations to help us connect with positive mental energy

Continued on Page 3

Mission Statement

The mission of Unity Church in Albany is to awaken to and embrace the Christ in all persons through prayer and service.

Inside this issue:

<i>Your Power of Will</i>	1
<i>Thank You Denise</i>	2
<i>Unity Bookstore</i>	3
<i>Dates to Note</i>	4
<i>Spotlight on Service</i>	7
<i>About Us</i>	8

Thanks for the News Denise!

Since 2007 Denise Klein has been editing our church newsletter. While Denise didn't write for the newsletter her fingerprints were all over it. Images beside articles were often visual puns or humorous commentaries on nearby articles. The front page photo on her April 2011 "spring issue" was of course a pair of metal springs. Denise would also search out articles and poetry from Unity to add to the newsletter. Denise once told me that since she edited formal professional newsletters as a part of her work doing the church newsletter gave her a

nice outlet to express her creative nature.

But seven years is a long time for anyone to deal with reminding us to submit our articles and then getting the newsletter organized and off to the printers on time. This summer Denise asked if someone else might step forward and become our next editor. Thankfully Bonnie Kriss has stepped forward and the edition you are now reading is her creation. Since Bonnie's sense of humor is somewhat similar to Denise's we will need to watch and see how that shows up. Meanwhile I invite



you to take a moment to reflect on how Denise's work has brightened your life over the past years. And we can look forward to thanking her some Sunday in church... just as soon as kayak season is over....



Why Buy Books at the Unity Bookstore?

We know you have so many choices when it comes to buying books ... hey sometimes we even shop online for ebooks and "better prices"!

Did you know that when you purchase a book from our Bookstore, you will never pay tax – so that's an 8% discount right there!

Just a Few Reasons to Shop at our Bookstore

- Proceeds from your purchases support the church and its many programs
- All of the books in the store and library have the potential to increase your consciousness
- We have a great collection of uplifting books
- A diverse collection of Unity publications
- Immediate access to books that reinforce the Sunday Message – do you really want to wait?
- A well-read (and perhaps notated) book is a wonderful friend to rediscover

What you can expect in the autumn and for the holidays

- An expanded children's book selection – great for gift giving (birthdays, holidays, celebrations) all year round
- Journals (perfect for those attending the Fall Retreat)

- Calendars and Date books to uplift and inspire you all year long!
- Rotating consignment gift items
- Expanded Music Selection
- Holiday Bazaar and Holiday wrapping of items purchased at the bookstore!

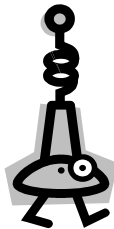
If you have lovely wares to sell – music, jewelry, crystals, photography, other gift items or gift certificates for massage, life coaching, etc., you can offer them through our bookstore! There will be a 60/40 split – 60% to you and 40% to Unity! We will offer these on a rotating basis, featuring a few new items each month. Please see either Lynn Wilson, Bookstore Coordinator, or Ginger Hannah, Board Liaison, for details.

Book Review [The Little Soul and the Sun](#) by Neale Donald Walsh, author of [Conversations with God](#). This book literally is a life-changer! The compelling story and beautiful illustrations called "A Children's Parable" speaks to the child in all of us. It reminds us Who We Really Are – the Light of the World! Walsh uses the story of the Little Soul to help us see the people and situations in our lives as opportunities to Remember our Truth and move forward in our lives clear of the hurts that have held us back. Taken to heart, this book will set your soul free!

Your Power of Will (cont'd.)

to strengthen our will. An example might be: *I am compassionate and connected; I appreciate each person and each part of life.* We can also use will-power to direct our thoughts and lives Godward, to strengthen our commitment to Spirit. Through the power of our will we can direct our lives as we intellectually choose... or as we are spiritually inspired and led.

Charles Fillmore's goal for working with our 12 Powers was to activate each and have them all working together for the evolution of mind and consciousness. Each power has unique gifts to offer to the unified whole of our being. Fillmore saw a close link between the power of will, or will-power as I am calling it, and our powers of imagination and understanding. Imagination for him was our ability to imagine or image ideas from God Mind with our mind. We might think of our power of imagination as an inner antenna that allows us to pick up God-thoughts and translate them into images or ideas which we can then begin working with. In this antenna analogy our power of will is like the radio or television tuner that allows us to tune in a single channel or idea. Once the mind is directed toward and connected with an inspired image or idea it will naturally begin to bring that idea into manifestation.



The same is true with the other power that Fillmore saw as closely related to will, our power of understanding. Once the mind has perceived an inspired image or idea and we begin using our power of will to direct our attention and energy toward that idea, greater spiritual understanding and clarity about the idea and related ideas will begin to arise. The focus here is not on understanding intellectually but understanding things from a spiritual or divine perspective. Again, this spiritual understanding will naturally arise as we use our power of will to direct attention toward higher or inspired ideas and images we find in our minds.

We each already have the power of will. It is built into our mind and being. How we choose to think about this power and how we use it is totally up to us. We can deny that we have any will-power at all which may make it seem to be missing for us. We might acknowledge it and then put it into the service of our human thinking, using it to achieve personal goals. While this is a somewhat limited use of our divine will-power it is where most people begin. We can also use our power of will to accomplish things that we or others think are for the good of humanity; perhaps some of these actually will be. The potential pitfall of these choices is that we, from our limited human thinking, are directing our spiritually powerful minds and that can sometimes lead to problems. The highest use of will-power of which I am aware is to use it to direct our attention toward Higher Mind or God Mind and to keep our mental energies focused on the ideas that arise from that Source. This will take some practice and persistence (another good use of will) but keeping the mind directed toward spiritual goals and higher truth seems to be what our power of will is truly intended for.

May the mind that was present in Christ Jesus (and other awakened teachers) be present and active in your mind today; and may your will-to-know spiritual truth set you free from all fear and limitation. Amen



Dates to Note

Fall-Winter Worship Schedule

Starts Sunday, September 7th

Services at 9:00, 11:00 AM & 6:00 PM

Youth classes will meet during the 11:00 service.

Unity Coffee House Saturday, August 2nd

7:00 – 10:00 PM

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



Special Speaker—Rev. Jackie Hawkins

Sunday, September 7th

9:00 & 11:00 AM



Elaine Silver

Sunday, August 17th

Morning Service with Elaine Silver 10:00 AM

“Kirtanconcert” (part kirtan - part concert) 6:00 PM (*free*)

Elaine Silver has a voice you'll never forget. It has been described as stunningly clear and fine, magnificent, rich and supple. She sings a cappella or accompanies herself on guitar and banjo, and has performed in concert for hundreds of thousands at colleges, festivals, churches, clubs and children's events throughout North America and Europe. She



was featured nationally on The Wisdom Channel and on New Jersey Network's award-winning television program State of the Arts. Elaine is the recipient of a Garden State Music Award for Outstanding Folk Performer, and has appeared in concert with Arlo Guthrie, Doc Watson, Tom Paxton, Suzanne Vega, Jorma Kaukonen, Tom Chapin and many more of the folk world's brightest stars.

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

"Love Remains" Concert/Workshop

Charley Thweatt, Wednesday, September 10th

at 7:00 PM - \$20

Come join us in this fun and moving program of music and connection with lots of opportunity to participate and sing along. In the second half, Charley will switch gears and lead us in a short spiritual exercise to take us deeper into who we are and see that in each other.

"The Heart of A Course In Miracles" Workshop

Charley Thweatt, Thursday, September 11th

at 7:00 PM - \$20

We will use discussion, A Course in Miracles, inspired music by Charley and two amazing exercises to bring alive the principles found in this work. Charley is eager to share what he has learned and what he calls his “Course’s Greatest Hits.”



Charley’s CDs and more about him at his website: www.musicangel.com.

Pot Luck Lunch

Sunday, September 14th 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, just bring a dish to share and join us.

Ashana Live!

Saturday, September 13th @ 7:00 PM



An evening of soul stirring celestial sounds with Ashani angelic voice and crystal singing bowls featuring music from her new River of Light CD.

\$25 early bird (before August 31)

\$30 September 1-12, \$35 day of

concert. Tickets available at

www.spiritvoyage.com or at Unity Church.

Dates to Note (cont'd.)

Fall Quest Groups Forming Informational Meeting

Thursday, September 25th at 6:30 PM

If you are looking for a way to better understand and integrate Unity's New Thought Teachings, this study group is for you! The Quest is a 48-week series of lessons that explore Unity teachings and your own spiritual beliefs. Each lesson includes a brief reading and questions/exercises to reflect on. The weekly study group is your opportunity to discuss the and share your discoveries with others studying the readings Quest.

Our study group will meet Thursday evenings beginning in October. If you are interested in participating, please sign up in our Bradford Street Lobby. Quest books (a two book set) will be available in our bookstore. For further information, speak with Rev. Jim.

Tithing of Time, Talent and Treasure: for Prosperity and the Fullness of Life Sept 22 – Dec 15, Mondays at 6:15 PM Facilitated by Ginger Hannah

Unity Church in Albany will once again be offering the life-changing, mountain moving 4T Prosperity Program. This fall 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, facilitated by Ginger Hannah, will be offered Monday evenings at 6:15 PM, starting September 22. 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.

"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



"The Duet Paradigm" – An Evening of Music, Creativity and Love with pianist Jessica Roemischer Sunday, September 28

6:00 pm *Free-Donations accepted*



Jessica Roemischer is an award-winning pianist who performs in secular and sacred settings throughout the United States and internationally. In a unique combination of inspired piano music, spoken word and collaborative creativity, Jessica dissolves the

boundary between performer and audience.

Jessica Roemischer's **Duet Paradigm®** led to a **2012 CNN Heroes Award nomination** and has been supported by the Boston Symphony Orchestra, and Caroline and James Taylor. Jessica's vision: a community of participants that become one in a rare and blessed experience of the Divine.

"Jessica takes music off the keys and delivers it to a place that is none other than love."

- Rev. Douglas Small, Worthington, MA

"Duet Paradigm" Creativity Workshop with Jessica Roemischer

Sunday, September 28, 1:00 – 3:30 pm

\$25/adult \$15/student \$35/families

Can you imagine a world in which our unique capacities are awakened, unfettered by any limitation? Where the boundaries between us dissolve, and the result far exceeds what any individual could manifest alone? Where music, spirituality, and inspired learning become synonymous, activating our innate human potentials?

For thirty-five years, Jessica Roemischer has brought this reality to people of all ages and backgrounds, and was nominated for a CNN Heroes Award. In her afternoon workshop at Unity Church in Albany, participants will experience Jessica's The Duet Paradigm®. You'll engage in improvised musical duet with Jessica - no musical experience necessary! Dialogue and conversation will enhance the feeling of creative exploration and inspiration. experience necessary!

For more information on Jessica visit her website,
www.pianobeautiful.com

Dates to Note (cont'd.)

Town Meeting

Sunday, October 5th 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.

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. 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.

Cost \$180 (includes private room and all meals).
Registration forms available at the church or
www.unityalbany.org (\$75 deposit).

Space is limited to 45 participants... register soon!

Events Farther Out...



Fall Membership Classes

Beginning in mid-October
Sundays 12:30—2:00 PM

Church Cleanup Day

Saturday, October 25th
10:00 AM – 2:00 PM

Dharma Teacher - John Welshons

Sunday, October 26th
Morning services at 9:00 & 11:00 AM
Afternoon workshop 1:00 – 3:30 PM

“Birthing a Greater Reality”

fall class with Rev Jim
Starts October 29th
Wednesdays at 7:15 PM



Spotlight on Service



By John Daubney

Ted Kriss

Many of those who provide volunteer services to others, do so using their God-given skills and engaged in activities they enjoy, coupled with a passion for serving others where they sense a need. Ted Kriss's lifelong love for music; his skill in presenting important information to groups of people, and his passion for serving those in need led him to volunteer to run our audio and visual equipment during church services. This service supports our minister and the musicians as they carry out the work of sharing God's word with our congregation each week.

I've been attending Unity for more than 10 years. My wife, Bonnie, and I moved back to the area in 2000 after being away for 4 years. I began attending another church, which was okay but more and more I felt the need to find a place where I could have a stronger spiritual connection and where people were more open and inviting and accepting of each other. Bonnie, had been attending Unity for a while and she invited me to come with her to see what it was all about. It only took one visit to know this was a very special church and I knew I wanted to be part of it. I felt like I had found a spiritual home where people cared about the church and each other and where I could grow, which is why I keep coming back.

I have a number of great role models for service in my life, both inside and outside of Unity. One of the strongest for me has been my wife, Bonnie. She has served as a volunteer for the church and a number of outside causes, including Hospice and a home for the care of the terminally ill in Scotia, NY, where she also works as Volunteer Coordinator. I've also been blessed to have good friends in Unity, like John Daubney and John Reith, who make strong contributions to our church and serve as strong role models.

When it came to choosing how I would give service, I decided to sign up for the sound team when I learned the church had purchased a sound board and projection equipment and needed people to help run them during services. I chose this activity because I've always been attracted to technical things, especially computers and audio-visual equipment.

I've been doing it for a few years now. I enjoy being able to help with the Sunday service, along with the technical challenges involved. No matter how well prepared you are, unexpected things can happen with technology where you need to react quickly to keep things on track. I remember one Sunday when I accidentally bumped my foot into a power cord and shut off the computer during the service. Fortunately we were between songs with no slide being projected but I needed to move fast because the next slide would be up shortly. I crawled under the desk, found and re-inserted the plug, restarted the computer and just when I was nearly out of the woods Jim called for the next slide. Unfortunately, the computer wasn't fully booted up. Shortly after turning 10 shades of red and telling Jim what had happened I had things up and running so the service could continue. Although I was embarrassed it felt pretty good to learn just how quickly I was able to recover. I also learned that people at Unity don't sweat the small stuff. Nobody made me feel bad about it or even mentioned it.

Another area where I have a passion for service is with Hospice. Bonnie and I have been Hospice volunteers for over 23 years. My brother, Gary, who was 1-1/2 years older than me, died in 1991, at 34. His death made a lasting impression on me about how precious life is and how difficult it is to lose a loved one. After experiencing such profound loss and grief, I decided a year later to become a Hospice volunteer so I could help people during this very difficult, but also beautiful time. Hospice has taught me the importance of getting out of myself and helping others and that no matter how much I give, I always get more back. Like so many of us, I have a pretty busy life, but no matter how busy my schedule gets, I always make time for volunteering.

In selecting service activities to be involved in, I look for opportunities that play to my natural strengths and interests, and which are meaningful to me. I do the sound board because I love computers and technology and I want to support Unity. I volunteer for Hospice because it has deep meaning for me; it re-centers my priorities; and because I like being with and helping others. To anyone considering taking on a service position at Unity or in other organizations I would say, "Just do it". You will feel better about yourself and you'll have the satisfaction that can only come from letting go of your own needs and focusing on those of others. And you might just learn a few wonderful things you didn't know about yourself in the process.

"The Highest form of wisdom is kindness."
The Talmud

Unity Church in Albany

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Summer Worship Schedule

One Sunday Morning Service
at 10:00 AM

May 25 through August 31
(Memorial Day – Labor Day)

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



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 (10:15-110:45 AM) in September.



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.