



# unity

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Unity Church in Albany • 21 King Avenue • Albany NY 12206 • 518-453-3603 • [www.unityalbany.org](http://www.unityalbany.org)

## Pleasant Distractions



Summer is beautiful, as is fall; winter too holds its own beauty. Wherever we look there are many things to see and do, places to visit, books to read, movies to see, music to hear, restaurants to try. The pleasant distractions seem endless. In truth the possibilities for distracting ourselves are pretty much without limit because we are making them all up and there is no limit to the creative potential of our minds. If we simply use things as distractions or to keep us from feeling alone or unfulfilled, they will seem to satisfy us for a time but underlying feelings of dis-satisfaction will eventually bubble to the surface. If instead of simply using things as distraction for the mind, we use them as opportunities to notice the Presence of the Creative Divine (God), as means for connecting deeply with

others or vehicles for change and growth, they can take on new meaning.

During the summer, Kay and I spent a few days at the coast of Maine. In planning for our time there, we had planned to do a number of things including sailing on a wooden schooner, renting scooters to explore the area and driving to a nearby town for lunch ... pleasant distractions. Interestingly, not one of those planned things happened. We did enjoy the beauty of the coast and the quiet of the small harbor town where we stayed. Away from the distractions of home we found ourselves walking, reading, meditating and catching up on some much needed rest.

Most memorable were the three people we ended up spending much of one day with, apparently unintentionally. We met them briefly during breakfast at the motel where we were all staying. We encountered them again in a nearby art museum as we looked for indoor activities on a drizzly afternoon. And finally, we

ended up inviting them to share our table in a crowded café as they prepared to end their vacation and return home. It was at that point that we learned they were long-time students of the Buddhist teacher, Pema Chodron, which led to a delightful and inspiring conversation. While I recall that the museum was nice and the lunch pleasant, it is the memory for our conversation and connection with those people that stands out in my mind many weeks later.

All of this serves to remind me that while pleasant distractions can be pleasant, they are, in general, simply distracting. Recently I have been working to be more conscious of the many small things I do to distract myself, to fill in "empty" time. Why do I feel the need to fill in that time? What might I notice if I didn't fill in all my time? Might noticing those things inspire me to make some changes in my life, either inner or outer? Might leaving some "empty" time unfilled allow room for deeper connections or some new guidance?

*(cont'd on pg 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.*

## President's Corner



By Dorothy Frament

Unity Principles and the teachings from Unity ministers' books and sermons are nothing if not practical tools for daily living. Becoming a dyed-in-the-wool Unitic has been a catalyst for me to expand my thoughts on what I am capable of doing and being. My willingness to let go of many limiting thoughts has resulted many

serendipities in my life, including my stepping out in faith and allowing Spirit to use me for the good of this community and for my own spiritual growth. But every now and then, when I follow the voice of ego rather than the voice of God, I get stuck in thoughts of lack, limitation, and fear. Then I do things like avoid writing an article for this newsletter (more than once) to avoid the risk of being vulnerable. The idea of baring my thoughts to such a wide readership ties up my stomach in knots. Yet I proceed to write this because I know deep inside me, that I am the one who created this beast of self-judgment and the misery it causes, and only I can free myself from it by withdrawing my belief in it. "Breathing in, I observe letting go, breathing out, I observe letting go." Here comes Unity to the rescue with a denial: "Thoughts of lack and limitation have no power over me".

I really took to heart Rev. Jim's sermon this Sunday about treating anger (which is actually fear at its root) with compassion. Rather than shaming it, hiding it, ignoring it, or berating it, Rev. Jim had a suggestion from Thich Nhat Hanh's book, "Anger". Hanh recommends that you care for your baby *Anger* as a loving mother would care for her baby. You would

listen for its cries and stop what you are doing and go to comfort your *Anger*. You would embrace *Anger* tenderly as if you were a mother holding her sweet baby. Your motherly love would radiate and penetrate baby *Anger*, soothing and calming it. Baby *Anger* is relieved significantly just by your presence and attention to its discomfort. As a caring and concerned mother would try to find out the cause of *Anger's* discomfort to eliminate it, so would we give mindful presence to our anger and allow its root cause of fear and confusion to surface and be dispelled. If darkness is the absence of light, and love is the absence of fear, according to the Course in Miracles, it makes perfect sense to me that love's presence can dissipate our fear and anger in the same way that turning on a light in a dark room dissipates the darkness.

This idea of treating anger with attention and compassion so grabbed my attention this Sunday that I began practicing treating any unwanted emotion or reaction using Thich Nhat Hanh's prescription of compassionate presence. It is so easy for me to visualize loving and holding an innocent and vulnerable baby while calming it and tending to its needs. For my purposes, the unwanted reaction didn't have to be named *Anger* for this compassion technique to work. It could be any of its manifestations such as moodiness, knots in my stomach, or self-judgment that I don't initially recognize as being anger. But tending to the unwanted reaction with the light and presence of compassion allowed it to show itself to me eventually as anger or fear, and then begin to dissipate it. If the idea interests you, listen to Rev. Jim's sermon of September 21 on Unity Church in Albany's website. Ah, Unity! You've just got to love it!

## The Hall of Mirrors

By Roger Mock

I recently listened to a presentation by the visionary teacher, David Wilcock, on Gaiam TV. (But first a word from our sponsor... Do you know about Gaiam TV? You should. Go to [Gaiamtv.com](http://Gaiamtv.com) and check them out. Amazing New Thought programming, not to mention about 300 yoga videos to choose from. Do the 30-day trial and thank me later. If you have a Roku box, you can watch it all on your TV. Now back to our regularly scheduled article.) Okay. So David was talking about the spiritual path and making a choice between living a solitary life like a monk in a cave, or choosing to live "in the world". He was making a case for the latter.

He put it this way: "To live alone is to live without mirrors. To live with others is to live in the Hall of Mirrors. People see themselves in you, and you see yourself in them." ***The Hall of Mirrors.*** I love that way of looking at it. It's the idea that, though we see a multitude of human forms, there is really only one of us here. And each "reflection" we encounter brings up another dimension of ourselves that we didn't know was part of us. A lot of those reflections bring stuff up that we find hard to accept. "Hmmm. She's being a real louse. I'm out of here." Our buttons get pushed. Other reflections may inspire us — "Wow, look what that reflection can do! That is so cool! ... Damn, I wish I could do that. Show off!" Oops, I guess that pushed a button, too.

Here's the thing about buttons. They make you react. Something's in your face and you have to make a choice right then

and there. I have a tea kettle with a pretty loud whistle. I'm in here typing on my computer, looking forward to my next cup of tea and here it comes. It's so shrill that I have to drop what I'm doing when I'd rather take 5 more minutes to finish this paragraph than jump up and get it the heck off the burner. That's kind of what happens when one of your "reflections" pushes a button. You make a split second choice to either accept and love whatever just happened, or to get your hackles up and push back in one way or another.

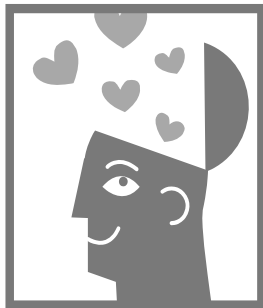
Going with the hackles (man, that's a strange word, the more you think about it) is going to keep that discomfort you just experienced ricocheting around the Hall of Mirrors and it's eventually going to come back and get you right between the eyes. If you choose love and acceptance, however, it brightens up the whole place instead. That's why we will all ultimately make the better choice, like Bill Murray's character in *Groundhog's Day*. (You've seen that, right? Don't make me do another commercial.) You can ultimately become very loving because you've recognized that everyone is you. And if you love yourself, you love other people. And though it may look like a shambles at the moment, eventually this Hall of Mirrors is going to be looking pretty darn spiffy. In fact, the mirrors will have fallen away. We'll be seeing each other for the radiant beings we truly are and we'll discover an amazing feast spread out before us. It turns out that the Hall of Mirrors is actually the banquet hall of heaven.



## Pleasant Distractions (cont'd.)

All of the things we see or experience in this world are at some level reflections or projections of thoughts and beliefs arising from our own minds. This includes all the things of beauty and wonder in our world as well as the pain and disturbing things. The latter are often projections of our own inner doubts and fears. A Course in Miracles reminds us that we have invented the world we see and that we will either see it or not see it as we desire. As we begin to realize that this is true for all things, including those we presently value and seek more of, as well as those we would like to escape from or have less of, we begin freeing ourselves from the belief that we are at the mercy of the world. Remember, we are the creators of the world we see and by noticing and shifting our thoughts and stories, we can begin to experience a kinder and more connected world. We can begin to experience a world where distractions are no longer needed because it is now a reflection of a healed and holy mind, a mind at peace within itself.

Because our minds are always connected with God-Mind, healed or holy thoughts and ideas are already present within us, in our minds. Having ignored them for many years (perhaps lifetimes), they may seem vague or distant, maybe even absent although they are always there. As we take time away from distractions, we have the opportunity to encounter those ancient sacred and healing ideas. We may need to occasionally pause while some of the accumulated clutter of old thoughts empties itself; a parade of distracting and disturbing images. But with intention prayerfully directed toward making a higher connection, this parade will eventually pass and both the world within and without will begin to take on a different appearance; one we will not need to seek distraction from.



In all likelihood, I will continue to engage in the pleasant distractions of this world, perhaps even today. My calendar already contains future plans for seeing creative performances and visiting interesting places. There will be more coastlines, cafes and some lovely fall walks. But there will also be “empty” time, times for allowing underlying feelings and thoughts to arise in me, times for being open for guidance and nudges toward change; and more attention and intention for appreciating my fellow travelers in life’s journey, both

those who seem to be growing in awareness and have things to share with me, and also time for those who seem to be temporarily stuck or distracted just like I seem to be at times.

*May we all become more attentive to and appreciative not just of the beauty and joy that lies around us but also to the beauty and wonder that lies within us and within each of our fellow travelers on this journey through life. Amen.*

## Around & About Our Building & Grounds

By Deb Singer

As Reverend Jim reminds us periodically, we at Unity are property owners. Like our own homes, the tasks and upkeep involved in the ownership of our spiritual home are many and ongoing. To that end, the Board of Trustees has a Buildings and Grounds liaison and I am currently serving in that role. (Other Board liaison areas are Sunday Worship, Prosperity, Spiritual Education, Outreach/Inreach and Special Events.)



Recently we have formed a Building Resource Team to support Rev. Jim and the Board in keeping an eye on our physical plant and prioritizing repairs, improvement and beautification. The team currently includes Joe Coffaro, Steve Costion, Ernie Klemm, Terry Bailey and Ellen Sweet. The team, led by Rev. Jim and, along with Ron Allen, recently replaced the access ramp, determined to be the most urgent issue. They also made needed repairs to the front steps into the sanctuary. Check out what a great job our volunteers did! Painting will complete this job shortly. The team welcomes your suggestions and input as we develop a running list of items that will require attention in the short and longer term.

We are delighted that Lee Anne Lasher is heading up our Garden Team which focuses on the exterior plantings and gardens. Lee Anne has expertise in landscaping and developed a plan to replace some of the Bradford Street shrubs and plants which require a lot of maintenance or have become overly mature. Removal of items this fall will allow us to prepare the soil for beautiful new additions to be planted in the spring. Thanks to all who have lent a hand with the care and upkeep of our outside areas and meditation garden during this growing season.

The many talents of our members combined with their willingness to give their time is such a blessing to our church community! **Thank you all!**

Deb Singer, 429-1378

## Dates to Note

### Stay Fit / Get Centered at Unity

**Yoga with Deborah Foss**

Mondays at 5:00p

(785-4131 for info)

**Tai Chi with Jerry Petell**

Mondays at 7:00p

(441-2418 for info)

**Pilates with Kay Fuller**

Saturdays at 9:00a

(439-1775 for info)

**Yoga with Megan Green**

Saturdays at 10:30a

(248-3866 for info)



### Quest Study Group

**Thursdays, starting October 2<sup>nd</sup> @ 6:30p**

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 Quest.

(And yes, it's fine to miss a few sessions during the year.) If you are interested in participating, please sign up in our Bradford Street Lobby. Quest books (a two book set) are available in our bookstore. For further information, please speak with Rev. Jim.

### Town Meeting

**Sunday, October 5<sup>th</sup> at 12:45p**

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 Day Workshop

*with Sandy Wells*

**Saturday, October 11<sup>th</sup> 9:00a—5:00p**

*(Replaces the fall retreat previously planned for Oct. 10-11)*



This workshop 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 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.

Cost \$50 (includes soup & salad lunch)

Sign up at the church or call the church office 453-3603

### Concert: A Journey of Spirit and Healing Through Sound with Rich Goodhart

**Friday, October 17 @ 7:30p**

A vibrantly magical experience including world music invocations, healing sound meditations, and chants performed on a wide array of exotic and rare world instruments.

\$20 Registered and paid in advance. \$25 at the door.

### Would You Like Join Unity Church?

If you love what we teach, we would love to have you become an official member of Unity Church. You are not required to withdraw your membership from other churches in order to join Unity. Our purpose is to advance spiritual consciousness, not to convert. To become a member, we ask that you attend worship services regularly for at least six months, read the booklet [Unity, A Quest for Truth](#) and participate in a six-part membership class.

**Our fall membership class will be presented on Sundays from 12:30 – 2:00 PM starting October 19<sup>th</sup>.** Look for the class sign-up sheet in our Bradford Street Lobby. We ask that you purchase and read the booklet [Unity, A Quest for Truth](#) by Eric Butterworth prior to attending the membership class. This booklet is available in our bookstore. If you have questions about membership or the class, please call or speak with Reverend Jim.

### Fall Clean Up Day

**Saturday, October 25<sup>th</sup> 10:00a—2:00p**

Our church custodian does a great job of keeping Unity Church clean and presentable. But we all know that every now and then there is a need to scout out cob webs, remove hidden dust, and really scrub down kitchens and other areas. Please help us as we dust, wash windows, clean kitchens and make our church home sparkle.

### Unity Coffee House

**Saturday, October 25<sup>th</sup> @ 7:00p**

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.



## Dates to Note (cont'd.)

### Dharma Talk with John Welshons (Ramananda)

Sunday, October 26<sup>th</sup>



John Welshons will speak at 9:00 & 11:00a Services  
Dharma Talk/ Workshop with John 1:00–4:00p

Join John Welshons (Ramananda) for a wonderful afternoon of dharma talk, mindfulness meditation (Vipassana), quieting and cultivating inner peace. And yes, there will be time for questions and answers. Suggested workshop offering \$25

Private Heart-to-Heart consultations available.

Email [johnwelshons@earthlink.net](mailto:johnwelshons@earthlink.net) for info or to schedule times.

JOHN E. WELSHONS (Ramananda) is a highly respected contemporary spiritual teacher who lectures and leads meditation courses throughout North America. He has been a practitioner of meditation and various forms of yoga for more than forty years. He has worked closely with spiritual luminaries, Ram Dass, and Stephen Levine, and trained - in 1976 - with Dr. Elisabeth Kubler-Ross. Ramananda has traveled extensively in India, and has spent time at the ashrams of Meher Baba and Neem Karoli Baba.

RAM DASS - "John Welshons is incredible! He is a wonderful teacher! When I read his book, *One Soul, One Love, One Heart*, I feel like it is coming out of my own heart."

WAYNE DYER - "I have long admired and LOVED John's work. He is a man who walks his talk and lives his passion. I am honored to be able to assist him in his work."

### "Birthing a Greater Reality"

Fall class with Rev Jim

Starting October 29<sup>th</sup>, Wednesdays @ 7:15p

When it feels like the end of your world, you've arrived at a point of magnificent opportunity: the possibility of transforming every dimension of your life. This book is your navigational guide for releasing old ways of thinking, entering the ground level of your being, and emerging as a conscious co-creator of your reality and an active participant in global transformation.

Robert Brumet is the author of the widely read books: [Finding Yourself in Transition](#) and [The Quest for Wholeness](#). He is an ordained Unity minister and teaches courses in pastoral counseling, meditation and spiritual development at the Unity Seminary in Unity Village.

*"Drawing on the work of Teilhard de Chardin, Barbara Marx Hubbard, Hameed Ali, Ken Wilber, Don Beck and others, Brumet gives a tour of evolutionary spirituality and gives us a helpful understanding of what is driving the disorientation we all feel and the crumbling of our social structures. I especially like the illustrations and personal remarks that make the otherwise heady material easier to grasp." Rev. Michael Maday*

### Pot Luck Lunch

Sunday, November 9<sup>th</sup> @ 12:30p

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.

### Sunday Multi-Faith Music Service

ONE LOVE with Jody Kestler

November 16<sup>th</sup> @ 6:00p

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)

### Thanksgiving Lunch

Thursday, November 27<sup>th</sup>, 1:00-5:00p

Reverend Jim and Kay invite you to join them for lunch on Thanksgiving Day. This covered dish banquet is open to everyone. Won't you join us as we celebrate Thanksgiving and spend time with our church family? Look for a signup sheet in the Bradford Street lobby. (So we don't *all* bring candied yams!)

### Unity Church Christmas Party

Saturday, December 6<sup>th</sup> @ 7:00p

Join your Unity friends for an evening of fellowship, carols and fun. Everyone is invited, so feel free to bring family and friends. Light refreshments will be provided. This is a free event.

*No tickets—No reservations—Everyone welcome!*

### Christmas Eve Candlelight Service

Wednesday, December 24<sup>th</sup>, @ 5:30p

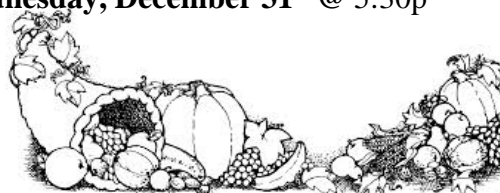


### Christmas Day Lunch (pot luck)

Thursday, December 25<sup>th</sup> 1:00-5:00p

### New Year's Eve Burning Bowl Service

Wednesday, December 31<sup>st</sup> @ 5:30p



## Unity Church Cares

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](mailto: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:

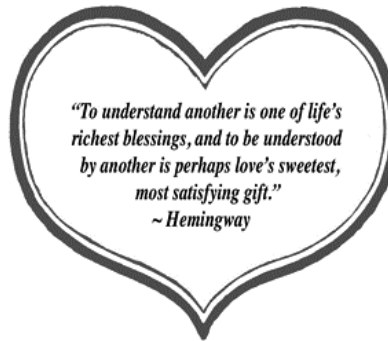
- Examples of volunteer assistance:
- Offer a ride to church or appointments
- Offer support via phone calls, cards, etc.
- Help with short term assistance... meals, errands, etc.

How to become a volunteer:

- Leave a note in pink mail box in Bradford St. lobby
- Send e-mail to [email.unitychurchcares@yahoo.com](mailto: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."

## Handing It Over

May 2014  
By TG

*She always studies the dimensions of her fear.  
Crossing over in full darkness,  
She's using only bare feet to feel for an edge -  
And her simple intuition -  
From having crossed so many times before.*

*And those little pin-pricks of manifestation -  
Those little lines of impulse that  
Turn her into an earth angel because she trusts  
The moment and the miracle -  
She's beginning to believe she matters.*

*When it all becomes like the crumbled remains of  
A pinecone - or the stale smell of  
A closed up closet, she begins imagining,  
From angles unrevealed before,  
A different life, then hands it all over*

*To the Intelligent Universe - and lets the  
Sorting Hat decide. From here - her  
Canvas clean - They're free to create a new picture,*

*A new balance, a newfangled  
Combo of color and light to complete  
Each detail of her destiny so that perhaps  
She is finally off the wheel.*

*It is no wonder that the monks and ascetics  
Aspire as they do - vibrations  
Of shimmering sunlight on still water.*

*It's an inner monastic life - a dream in which  
The I attempts to wake the heart.  
Most need containment. The sky is too wide with rain,  
Loud rumbling precludes listening.  
But in the least, "I hope you jump in rain puddles".*

*There's no reason not to drink it from the pink mug  
With chocolate colored hearts sketched in  
A child's hand, even if the contents be a strong  
French roast with foamy milk. Remember Shiva's  
hand:*

*"It's Okay". She almost feels that truth now.*

("I hope you jump in rain puddles" - quote by Christina Taylor Greene, as part of **FACES OF HOPE**)

## A Passion for Giving

Dr. Rick Barrett



While in school, Dr. Rick Barrett had an interest in medical mission work. “I always thought that was a wonderful thing to do.” Within his first year of practice, he read of a fellow chiropractor in Texas who went on missions. To lay the groundwork for a possible trip in the future, he phoned his colleague. She told him that a group of doctors and other health care providers would be leaving for Mexico in six months and they would love to have him on board. Initially, he hesitated. He told her, “I don’t really think I am ready right now, but keep me in mind. When it’s right, I’ll go.”

Obstacles popped up in his mind. Was it wise to leave his new practice so soon? Could he afford the trip? But the idea kept speaking to his heart. He prayed about it and says he heard an internal voice telling him not to worry, to just step out there. It would be okay. A week later, he phoned her back and said, “I’ll make this happen. I’m not sure how, but I want to go.”

That first trip to Mexico was in 1995, and Dr. Barrett says he loved every minute of it. In the years that followed, he has participated in nearly 30 medical missions with teams of medical doctors, nurse practitioners, therapists and others, seeing as many as 3,000 patients on each week-long trip. Dr. Barrett says, “It has become a part of me. It’s part of my passion and purpose in life.”

The medical teams he travels with go to Mexico and Honduras, seeing some of the same patients

from year to year. He is often asked, “How can you make a difference when you go only once a year?” But in his experience, he’ll have patients return to him year after year and say, “You’ve changed my life. I can’t believe how much better I feel.”

Dr. Barrett explains, “I don’t believe that seeing patients in my office or on a mission is that much different. I ask God to walk with me every day. I truly believe I am sent the patients I can help and I can handle.”

On a recent mission to Tamasopo, Mexico, Dr. Barrett brought with him a wheelchair which had been given to him by the Second Mile Mission Center in Texas. When his team arrived in Tamasopo, Dr. Barrett was told of a young man, 26 years old, who had no use of his legs and very little use of his arms. Daily this young man’s parents would carry him from his bed to a chair inside the home. He very rarely went outside. When Dr. Barrett put him in the wheelchair and took him outside, he says, “You should have seen the smile on his face and the laughter. The whole family was elated and so appreciative. It was a life-changing event for this young man and his parents. It was lovely.”

Dr. Barrett’s message is that giving is more than making financial contributions. He says the missing component is becoming personally involved: “A lot of people have been taught to give financially, but I feel it is the serving aspect of giving that people need to look into more deeply.

“Whether that’s internationally or in your community or in your church community, when you roll up your sleeves and get your hands dirty, you experience more of life. That’s what will change our individual lives and the world as we know it.

“God will always shower blessings and abundance down upon us. The more focus we put on someone else, the more our lives will be fulfilled.



**Note:** This article was written by Laura Harvey, Editor of *Daily Word* and additions made by John Daubney

# Unity Church in Albany

21 King Avenue  
Albany, NY 12206

Telephone: 518-453-3603  
www.unityalbany.org



## Worship Schedule

**Morning Services**  
at 9:00 AM & 11:00 AM

**Sunday Evening Service**  
at 6:00 PM each week

*Multi-faith service with music,  
meditation and chanting  
(different each Sunday)*



## 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

Jerry Petell "and friends" will lead the Sunday morning prayer and meditation from 10:15 to 10:45 AM. Please arrive before 10:15 as the doors will close at that time.