



unity

February—March 2015
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Unity Church in Albany • 21 King Avenue • Albany NY 12206 • 518-453-3603 • www.unityalbany.org

How “NEW” is Your New Year?



Perhaps you were at Unity Church for our annual New Year’s Eve Burning Bowl Service. Or perhaps you participated in some other service or celebration to welcome in the New Year. You may have decided not to carry some of your old habits, thoughts or resentments into 2015. You may have set intentions to build new friendships, self-care routines or spiritual practices into this New Year. These are good practices and will help you enrich your life. But are they enough to produce a truly “New” Year?

Reflecting back on previous years, we may notice that, while each successive year brought some new things, most of what took place in our lives tended to be a repetition of the past. Occasionally, something unexpected happens to us or someone close to us, and that produces some major change or shift in our life. We refer to those years as years of major life changes and reflecting back, we may notice that we grew as a result of the experience. But once the unexpected event ends, we usually seek for and settle back into routines that resemble, as much as possible, our previous life.

In her book “The Gift of Change”, Marianne Williamson writes: “When I was younger I wanted to be older, and when I got older I wanted to be younger. When I was living in one place I wanted to live in another, and when I was doing one thing I wanted to be doing something else... It

seemed that somehow I wasn’t enough, what I was doing wasn’t enough, and therefore my life was never enough.” She goes on to address the process through which we can move into a deeper transformation of our life. “When we accept ourselves exactly as we are, and where we are, we have more energy to give to life. We are not wasting our time trying to make things different. Any moment that we relax into the deeper ground of our being, giving up all struggle to be anywhere else, we’re in exactly the right place at exactly the right time.” This she notes is the necessary prerequisite for real change to enter. “There is a plan for our lives – God’s plan – and it oversees exactly where we are and where we are going. As soon as we have learned to live most brightly in our present conditions, new and better ones will arrive immediately. But until we learn the lessons of the pre-

Mission Statement

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

(cont’d on pg 3)

President's Corner

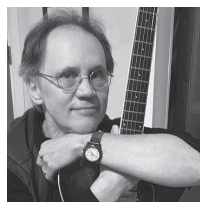


As I am nearing the end of my 4th and last year as a member of Unity Church in Albany's Board of Trustees, I would like to use this opportunity to express my deep gratitude for the gift of being a member of this community and its Board of Trustees.

I am indebted to the members of the Board of Trustees with whom I served these past 4 years. I am particularly grateful to have been inspired by the leadership qualities, wisdom, compassion, and deep spiritual groundedness of John Frederick and Heather Diddel, the 2 Presidents with whom I served on the Board before I assumed that role. There's a lot of room left in those shoes I've been walking in!

During these past four years, I have been blessed with increased joy, a new career that I love, and prosperity in many aspects of my life. But, from a Board member's perspective, I have been even more blessed to witness prosperity in our Unity community. To cite only a few examples, I see prosperity in the increasing numbers of prayer chaplains, increased numbers of congregants attending seminary, a newly licensed Unity Teacher (Jane Bloom), the addition of the Sunday evening multi-faith devotional service, and the success of our music ministry with Roger Mock as a full time Music Minister. I see prosperity in the ever expanding vision for our Youth Education and for our Building and Grounds that resulted in new heating and air conditioning system and electrical system update, landscaping plan, and much needed building repairs/updates that are still in pro-

Roger's Take



Emptiness

For a recent Sunday morning service, I learned and performed a song by Daniel Nahmod called *Empty*. It's about coming to a point where you have stripped away all the trappings of your ego identity, let go of all the ideas of who you have believed yourself to be. Here's the chorus:

*The only thing I really know is that I don't know a thing.
The only song that I hear now is the silence when I sing.
The only sight my eyes can see is the darkness of my dreams.
This is how I'm born to be: empty.*

It reminded me of a quote from Paul's second letter to Timothy: "If you keep yourself pure, you will be like a special vessel for honorable use. Your life will be clean, and you will be ready for the Master to use you for every good work." (2 Tim. 2:21)

Some version of this passage has remained in my mind for a lot of years. It got mixed in there with a Catholic hymn about becoming like an *earthen vessel*: "We hold a treasure not made of gold; in earthen vessels, wealth untold. One treasure only: the Lord, the Christ in earthen vessels." It took me awhile to find the actual verse in the New Testament. I think Paul was trying to steer Timothy clear of "false teachings" and "licentious behavior", but I had remembered it more as a call to be empty of my own desires and perceived

cess. And of course, I see abundance in the generous bequest we received from the estate of Marian Hayner and the generous tithe from it that we were able to give back to Unity Institute and Unity School of Christianity and others.

Each year following the election of new Board members, as is the time honored tradition at Unity, Rev. Jim facilitates several creative orientation days, during which the members get to know each other on a more personal level. My Board experience was that with each passing month, the members became more connected to each other, more open to and receptive of spiritual guidance, and more committed to their own spiritual growth. Each Board group, which begins and closes each meeting with a prayer and goes into a time of prayer and quiet discernment before making important decisions, morphs into the container that holds the Vision and Consciousness for Unity Church in Albany. I am in awe of the expanding ripple effects that happen whenever one simply says "yes" to Spirit's invitation to serve.

To me, it is validation of Spirit's guiding hand on our church that such diverse, differently talented and ordinary people like you and me who offer to serve, can be used for such an extraordinary purpose as "Holder of Vision & Consciousness".

Thank you all for your support of your Board of Trustees, and for your many acts of kindness, generosity, service, hospitality, and compassion that make this Unity community the place we love to call our home.
Dottie Frament



needs, allowing my life to be used in the service of God, of Spirit.

The song also recalled this passage from the final chapter of *A Course in Miracles*:

There will come a time when images have all gone by, and you will see you know not what you are. It is to this unsealed and open mind that truth returns, unhindered and unbound. Where concepts of the self have been laid by is truth revealed exactly as it is. When every concept has been raised to doubt and question, and been recognized as made on no assumptions that would stand the light, then is the truth left free to enter in its sanctuary, clean and free of guilt. There is no statement that the world is more afraid to hear than this:

I do not know the thing I am, and therefore do not know what I am doing, where I am, or how to look upon the world or on myself. (ACIM, Text Ch. 31, V.17)

We ultimately have to face the truth that we just don't have a clue about anything. The Course then tells us: "*In this learning is salvation born. And What you are will tell you of Itself.*" Notice that the word "What" is capitalized. That's a big clue. It's like we came upon an old cup washed up on some beach. We took it home and kept our jelly beans in it when all along, unknown to us, it was a rare and priceless artifact. Had we known we could have sold it to the Smithsonian and been set for life. We are that priceless artifact. We are the Holy Grail, an earthen vessel only intended to hold one Treasure.

Roger Mock

How “NEW” is Your New Year?

(cont'd.)

sent, they will simply reappear in new guises, and it will seem that nothing ever changes.”

You will see similar ideas expressed in the writings of Myrtle and Charles Fillmore and many other spiritual teachers. Be present in the Now. Learn to express and extend love and to serve right where you are. Make peace with yourself and your past today. When we are in a troubling situation, these words may sound rather trite. But if we practice being really present with our self and our life situations in more ordinary times, we will find that we have developed a greater capacity to do this in times of change as well. And as Marianne notes, “As soon as we have learned to live most brightly in our present conditions, new and better ones will arrive immediately.”

God may have a plan for our lives, “Surely I know the plans I have for you, says the Lord, plans for your welfare and not for harm, to give you a future with hope” (Jeremiah 29:11); however, it is up to us to either turn our attention toward this greater good (Greater God) or to continue moving in directions of our own planning. Like Marianne and Jeremiah, I believe that there is a greater plan for each of us; after all, we are God’s children and therefore naturally gifted. In fact, based on my experience, I believe that there are many great plans for each of us and that each successive one will show up as we embrace our current situation and “live brightly” within it.

There is a beautiful section in A Course In Miracles that states: “Trials are but lessons that you failed to learn presented once again, so where you made a faulty choice before you now can make a better one, and thus escape all pain that what you chose before has brought to you. In every difficulty, all distress, and each perplexity, Christ calls to you and gently says, ‘My brother, choose again.’ While we might resist the associations that the word “trials” invokes, we can gladly embrace the idea that each new day and each New Year offers us the opportunity to choose again. Will I step up to life as it is showing up for me today? Will I trust that by “living brightly” right where I am, I am actually opening doorways to greater and greater experiences of life? Or will I cling to past thoughts and habits all the while

hoping that somehow this year might be “better” than the last?

How “New” will your New Year be? It can be as new as the day you were born. It can be filled with new ways to engage with your present life. It can be a time of new beginnings and a brighter present and future. And when difficult situations arise, you can choose to approach them from a place of compassion and prayerful discernment, to make different choices and thus free yourself from old thoughts and habits that have bound in the past. There are greater plans (think opportunities) for good for each of us. They are always present. It’s part of the loving and orderly working of Creation. Our work is to engage with our present situations with appreciation and enthusiasm, to live brightly; and as we do that, our New Year and our new life will begin to open up before us. I offer the following affirmation to help carry you through your *New Year*.

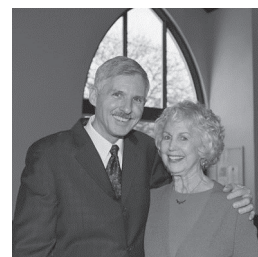
*2015 is a great year for me, for Unity,
and for my community.*

Trust the Plan Man

A Big THANK YOU!

from Rev. Jim & Kay

Kay and I want to take this opportunity to send out a big thank you, our Unity family, for your very generous Christmas gift. Over the years, we have been deeply moved by the love and generosity extended to us by our church community. This year we once again were touched by the gift we received and by the love we felt. We will be taking some sabbatical time this summer to renew and recharge. Please know that your gift will help support that effort. Please accept our heartfelt thanks for continuing to bless us in so many ways. We love each and every one of you very much.



Blessings always,
Rev. Jim & Kay

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)



Body Dialogue Workshop with Deborah Foss

Sunday, February 8th @ 1:00 PM



How many times have you heard the answers are inside? Would you like to learn specific techniques to access that wisdom beyond your conscious mind? Get unstuck? Find clarity? Let your soul speak? In this experiential workshop, you will learn simple do-it-yourself healing techniques that can bring mind, body and spirit

together to find peace, understanding and direction. This is an opportunity to awaken to your intuitive nature, become grounded in your knowing and more confident about the present moment and your future. Satisfy your spirit's longing to be known and learn to assist others.

The Body Dialogue methodology is a blend of techniques derived from Eugene Gendlin (Focusing), Gay and Kathryn Hendricks (*At the Speed of Life*) and John Welwood (*Ordinary Magic: Everyday Life as a Spiritual Practice*). Experience with meditation is helpful but not required.

Deb Foss has a passion for sharing healing methods from a variety of spiritual and psychological traditions, including Yoga, Buddhist meditation, Psychosynthesis and Gestalt therapy. Her warm, engaging style makes learning accessible and fun. She has over 20 years of experience as a Kripalu certified facilitator, yoga teacher and bodyworker. Contact deb.foss@nycap.rr.com or 785-4131 for more info. Cost \$20

Myrtle Fillmore and Unity

Class with Rev Jim

Wednesdays, February 11 & March 4–25 @ 7:15 PM

The book "Torch-Bearer to Light the Way" is in my opinion (*Rev Jim*) the finest biography of Myrtle Fillmore written. Through excerpts from her letters and articles it explores her role in the founding of Unity. The book offers a detailed look into her spiritual beliefs and thoughts about healing. The appendices, over 100 pages, include samples of her healing letters and articles on various teachers and sources that shaped her practices and beliefs. There are also sections in the book devoted to Charles Fillmore and the Fillmore family. Additionally this class will incorporate information on Myrtle, Charles and Unity from other resources.

The book is currently out of print. A limited number of copies are available in our bookstore. Copies can also be ordered through Amazon.com and other on-line booksellers.

Since this material in this class is quite similar to that covered in our New Member Classes, participation in this class will be accepted in place of the membership class for individuals wanting to join Unity Church.

Mark Shepard In Concert The "Beyond Love" World Tour!



(OK, so there is only one stop on the tour... but Albany NY is in the world, isn't it?)

Friday, February 13 @ 7 PM

Unity Church in Albany's own Transformational Songwriter Mark Shepard premieres some of his newest (and oldest) songs in an evening celebrating Love! Special guest appearances are rumored to be in the works behind the scenes. \$20 suggest donation (or whatever you

care to give).

For more information and to get sneak previews of the new songs visit <http://MarkShepardSongs.com>.



John Welshons will be our Guest Speaker

Sunday, February 22nd at 9:00 & 11:00 AM
John will also offer a Dharma Talk at 1:00 PM
Suggested love-offering for the talk: \$25

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 *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.

Unity Church Annual Meeting

Sunday, March 1st @ 12:20 PM

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



Dates to Note (cont'd.)

Small Business Fair

Sundays, March 8th & 15th

Between both services & after until 1:00 PM



Did you wish to know more about your church commUnity? Come see what individuals have to offer in the way of services and products at our annual \$mall Business Fair. There is much talent in our commUnity! The event will warm you in this cold winter month. Because of over-

whelming participation, we have set aside these two dates.

If you have a small business and would like to share information about it, please consider participating in the \$mall Business Fair in the Fellowship Hall between both services and after the 11 o'clock service. This is a fabulous, well-attended, and successful event for all involved.

If you are interested in participating in this fun event, please contact Bonnie Kriss at 373-2135 or at tedandbonkriss@hotmail.com or Ann Marie Burke at 713-4017 or at amburkie@aol.com.

Pot Luck Lunch

Sunday, March 22nd @ 12:30 PM

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

Dates Further Out ...

Maundy Thursday Service

Thursday, April 2nd, 7:00-8:00 PM

This is our spiritual preparation for Easter. The service include foot washing (or hand washing) and communion in prayer. Everyone is welcome to participate in all parts of this sacred service.

Town Meeting

Sunday, April 12th @ 12:45 PM

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.

Smiling from Ear to Ear

The Tale of Two Corsages, A story of friendship spanning 44 years

DIANE: On the day of Joan's arrival, I was overcome with excitement and joy in anticipation. Her sister phoned about a month earlier with the idea to treat Joan to a visit from Virginia to New York. Her visit would be a birthday surprise.

As I greeted her at the airport, I noticed she was wearing a corsage. The corsage. Forty-four years earlier, in high school,

Joan relocated from Kansas to Long Island. As I noticed her in the hallways, she was wearing a poofy dress with a hand-made corsage. My peers and I were more of the bell bottom sporting crowd, so needless to say, she stood out. I can recall some classmates whispering and snickering. I reached out to Joan. "Hi, it must be your birthday." Sweet sixteen. "Yes it is, my aunt made me this corsage." I admired how she wore the corsage because her aunt made it for her. I would have balked at my aunt and not worn the corsage. I was struck by her strong sense of self. Soon we began spending more time together. At one point, we were college roommates. Later we would be there for each other through life's twists and turns. And now, decades later, here she is again, proudly stepping out into the crowd wearing her birthday corsage. I reach out and hug her in anticipation of our weekend reunion together, in honor of our friendship and the sweet reward life gives you when you have the courage to see into someone's heart.

JOAN: My siblings and I do not exchange birthday gifts. This year, however, was different. My 60th birthday was the day before Thanksgiving, and with the whole family together, my sister handed me a box in which I found a pink ribbon corsage with sugar cubes attached via white pipe cleaners. It was a replication of the corsage my godmother (Aunt Joan, after whom I am named) gave me for my 16th birthday! It was a sweet, if puzzling, gesture. I thought that maybe they were making the connection between 16th and 60th? As I put the corsage on, I retold the story that I have told numerous times over the years...

I grew up on Long Island, but my family relocated to Kansas City for three years for my father's job, and I was there for 8th through 10th grade. This was the late 1960's, and while the rest of the country was going through tumultuous times, Kansas seemed to be in a time warp. Girls still wore dresses to school, boys were still sporting short haircuts, it was all very clean-cut and wholesome. Moving back to Long Island in the summer of 1969 was a real culture shock. School in Kansas got out earlier than in New York, so we drove by the high school I would be attending and my heart dropped. Throngs of long-haired kids in ratty jeans were out on the lawn smoking cigarettes and hanging out. How would I ever fit in?

By November I still hadn't made any close friends. I walked to school with a girl from down the street, but we didn't have much in common. Just before the Thanksgiving break my godmother gave me a pink corsage with sugar cubes that she had made for me for my 16th birthday. It was SO nice of her, and she seemed really thrilled to give it to me! BUT, we wore these types of corsages (with sugar cubes, or bubblegum, or lifesavers) back in the 4th grade... certainly not in high school!!! But, I guess I figured I had nothing to lose, and I decided to wear it to school. And in a "go big or go home" move, I wore it pinned to a pink corduroy dress my mother had made me in Kansas, and sported my pink patent-

Smiling from Ear to Ear

(cont'd)

leather shoes with pink grosgrain ribbon. I knew I looked like a nerd, but honestly didn't care. My godmother made that corsage for me, and I was going to wear it.

After our Unified Studies class a very cute, smiling, short girl with very long hair came up to me and asked me if it was my birthday. I told her it was. While it did take courage for me to wear the corsage to school that day, I admire Diane for the courage she showed in reaching out to someone who was so obviously not hip or cool. With no friends or social connections, I had nothing to lose. But she had a lot to lose! Yet, she was willing to risk her own social standing when she saw someone in need of a friend. She said something like "you just moved here, didn't you?", introduced herself, and asked for my address. Over Thanksgiving break I received a birthday card from Diane, and we soon became friends... best friends!

So now my siblings had given me a corsage to remind me of that birthday 44 years ago. But the real gift was a trip to see Diane. We had a wonderful time!! I'm still hoarse from all our talking!! It was very special to end our weekend with a service at the Unity of Albany church, where I felt so welcomed by all of you!

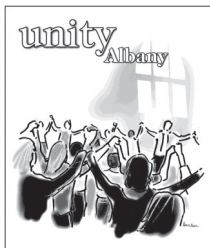
Two brave girls started a lifelong friendship 44 years ago, helped along by my godmother, who gave me my best friend for my 16th birthday!!



We're still smiling... from ear to ear!!



Unity Church Directory



We are in the process of updating the Unity Church Directory. If you would like to be listed, opportunities are available through February to have photos and information taken between both services and after the 11a service.

Church membership is not a requirement to be listed in the directory. If you were in the last directory and would like to continue to be listed in the 2015 version, please provide any change of information, and if you would like a more recent photo, please stop in to see Cherie, Deb, or Bonnie during the above mentioned times.

Prayer Shawl Ministry

Prayer Shawl Ministry is an opportunity for congregants to participate in service through knitting or crocheting prayer shawls. Created through love and prayer, these shawls bring God's love, peace and comfort to those in need or who are celebrating a life event. If anyone is interested in pioneering this ministry with me, please contact Jane Bloom at church or at 802-430-4490 or janeb915@gmail.com.



Study Group

Jane Bloom will be offering a daytime study group/class to meet on a regular basis starting in April. The day/time and format/topics will be decided by the group. We can study New Thought writings or explore topics such as prayer, or a bit of both. Please contact Jane Bloom at 802-430-4490 or at janeb915@gmail.com.



Did You Know

- ◆ You can request prayer by calling our church, 453-3603, ext 13 or at unityalbanypayer@yahoo.com?
- ◆ You can request prayer 24/7 at Silent Unity by calling 1-800-NOW-PRAY (800-669-7729), or www.unity.org/prayer?
- ◆ You can request prayer by filling out a prayer request form and dropping it into the "Answer Box" in the Bradford St. Lobby?
- ◆ You can request to pray with one of our chaplains who are available after each service?
- ◆ You can connect to the Daily Word by calling 453-3603, ext 15?
- ◆ You can request temporary assistance, request a card or flowers be sent to a member who is ailing or experiencing a death in their family or having an important joyful event to celebrate, by calling our church at 453-3603 ext14 or at unitychurchcares@yahoo.com?
- ◆ You can participate in services, meditation, prayer, and classes if you are not a member of Unity Church in Albany?
- ◆ How to be in the know about what's going on at Unity and be part of it by attending Town Hall meetings, Annual Meetings, etc.?
- ◆ You can listen to or download Sunday talks on our website? Just go to www.unityalbanypayer.org and click on "listen". New talks are added weekly. There are also great songs and links on the "music" page.
- ◆ That "Unity Church in Albany" is on Facebook? "Like" for weekly talks and posting from your Unity friends.

Spotlight on Service



Pete Furlong

In a worship service, music has the potential to open up hearts and minds to the possibility of healing and love. Music also prepares the way for Spirit to be heard in a profound way. When it comes to providing service to our community, music is Pete Furlong's particular niche. Music is his gift, talent, passion and ministry.

Watch his delight as he provides beautiful vocal harmonies, guitar or piano accompaniment, or rhythm and percussion from his tambourine or African drums. Pete models for each of us that using our gift or skill in service to others rewards the giver in a way that makes life fulfilling and joyful.

My first two Unity services were at the “Burning Bowl” services on New Year’s Eve in 2008 and 2009. Friends had suggested I check out Unity. Although I’d never been a churchgoer, I had seen a Unity slide at the Spectrum Theater, featuring Eckhart Tolle who had been life-changing for me. This was a quiet nudge, I’m sure.

The 2009 Burning Bowl moved me to tears. My father had passed that September, and maybe I was ripe. A spiritual tingle surged in my body that night, and a clear thought: You should start coming here emerged. I’ve learned those messages are the ones to really listen to. This ended up being correct in ways I couldn’t imagine.

A few people stand out to me as models of service at Unity. When she serves as platform assistant, Heather Diddel exudes a strength and clarity that brings credibility to the spiritual life. My growth into a deeper spirituality has often been challenged by how I was raised, and some of my false and shallow philosophies. Doubt is an indispensable part of a strong spiritual foundation, so I need to see and know people who are solidly grounded in theirs. (Thank you, Heather.)

Nancy Wells is another example of service I aspire to. I have known her for a long time now, and we have witnessed each other’s growth. I have been amazed by her light and lightness. I laugh out loud every time she does the platform service. Stop taking yourself so seriously Pete, this seems to be reminding me. (Thank you, Nancy.)

The first regular service I performed at Unity was working the soundboard and slides. I remember Jim saying to do the service you get excited about...that calls to you. I loved that and it allowed me to shed another layer of baggage that said “work is not fun”. I’d wanted to re-familiarize myself with working a soundboard, and I always want more music in my life. (Thanks, Jim.)

I enjoyed so many parts of Unity’s music from the pews – the message, Roger Mock’s amazing guitar, a focus on love. I debated joining for a year or more, occasionally dipped

my toe in, but was still having trouble stomaching the idea of going to church on Sundays.

I sang at several services, but when not feeling good about myself, fear would sometimes keep me from showing up. I would cancel last minute. Once or twice I didn’t come, even after having attended rehearsal. Man did that feel terrible! I think what began to break this pattern was an email to Roger to apologize. He replied in a way I will never forget. He said approximately “This being human thing isn’t easy”. I will forever be grateful to him for that, because it gave me permission to come as I am; radiant when I can be, or scared and awkward, but still showing up. (Thank you, Roger.)

I was – still am – learning to retrain my thinking and the mantra that says in a million different ways, “stay safe, don’t take risks.” Meditation, the love at Unity, a lot of healing work, amazing people in my life, and so many spiritual teachers, are helping me.

When Mark Shepard joined, he fused spirituality and songwriting in such a beautiful way. I imagined myself drumming along and adding rhythm to his songs. The casual thought, “I could do music here” became a more serious “I think I’m supposed to do music here.” (Thanks, Mark.)

My vibrant self shows up more regularly nowadays, when I give him permission to emerge...even on those weeks, when it occasionally occurs, that I don’t want to be there.

The opportunity to do service has been a continually renewing gift. At a small gig I played recently, my understanding of Perfect Divine Order deepened. All my growth - showing up almost every time now - was because people were counting on me. In doing a service, I wasn’t thinking of myself and, in that, I found myself a little more, a little deeper. Unity is a sacred space where I hear, but can let go, of the negative voices in my head that sometimes suddenly show up.

Doing service is a pleasure. Service need not come from feeling obligated, but from excitement. It seems to me that people who love to ‘play in the dirt’ are Unity’s gardeners. Those who love to teach are Sunday educators and others channel their “OCD” gifts when seasonal cleaning time arrives! Those who are handy help build us a new staircase, and reinforce our wheelchair ramps.

Playing music is not a “hobby” for me. I know I am supposed to be musical and creative! I have been told that my energy is dramatically different when I am engaged in music. Unity has done me the service of being in a place where I can stretch beyond my blocks so I can participate in what I love, with the gift I have to give. The gratitude I have is beyond my ability to describe it. So I’ll just say this:

Thank you!



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

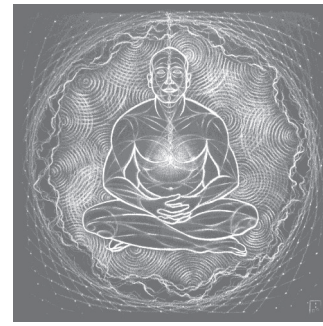
Sunday Evening Service
at 6:00 PM each week

*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!



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.



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 cream, 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.