



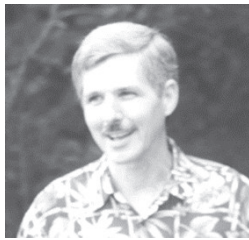
# unity

June—July 2015  
Vol 31, Issue 4

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

## Impermanence

Dear Friends,



Our friend the Buddha offered many helpful

insights for developing deep spiritual wisdom; among these was the teaching of impermanence. His teachings on impermanence remind us of the temporary nature of things and conditions in the physical/phenomenal world. Things come into being. They last a while changing as they progress through time. Eventually they begin to dissipate and shed their forms, returning to the realm of the uniformed. This is true for things we think of as permanent, things like trees, mountains and buildings. It's also true for things we accumulate and hold dear, our treas-

ured possessions and our bodies. It's even true for non-physical things like human personalities and scientific or religious ideas. They come into being, stay with us for a while changing as they go along, and then eventually they are no more; at least not in any way that we are used to recognizing them.

As people who search for anchors of certainty and stability in a world of change, we often have great difficulty with impermanence. We are saddened when familiar neighborhoods, vacation spots, restaurants and parks change or go away. We don't like it when community groups, social gatherings or spiritual/religious organizations change or cease to be. We may resist even thinking about the aging and eventual dying of a grandparent, parent,

friend or pet. Yet if neighborhoods had never changed, we might still be living in caves or tiny thatched huts. If former groups and gatherings hadn't ended we might never have been inspired to create newer or better ones. And if we didn't age and eventually end, we might all be stuck living as perpetual middle-schoolers attending ever increasingly crowded classrooms, living forever in relative ignorance and becoming more deeply entrenched in the perception that we and our tiring but never aging parents, teachers and friends were the pinnacle of creation.

Impermanence forces us to look at ourselves, our personalities and our world from a broader perspective. It forces us to examine our surroundings, activities and our ways of thinking. For

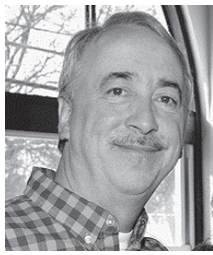
*Mission Statement*

*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

Rob (Geyer)



On behalf of the Board, I wanted to take a minute to share with you where we are in the new minister search process. In mid April the Board met and established a general timeline, created the green congregational survey forms, which were inserted in three Sunday bulletins and discussed the formulation of our Search Team.

A word before I go on. We very much appreciated all of your thoughtful survey input and want you to know how important it is to the Board that we reflect your spirit and desires during this whole process. And now back to the timeline.

On April 27, we submitted our Minister Information Packet to Unity's Ministry Employment Coordinator for posting on Unity's website. Our posting appeared on their site in early May and is also included in *The Path*, a national Unity newsletter. As Board representatives, Heather Diddel and Orisa Skipper are spearheading our Search Team process, which is split into two parts. First, part of the team will review all resumes we receive and then conduct two phone interviews with each candidate. It is anticipated that this will occur from mid May through late June. And second, part of the team will serve as a "welcoming committee". Upon a candidate's arrival for his or her weekend "interview", Search Team members will provide transportation and orientation to help introduce the candidates to the Capital District.

From early July through possibly late August, candidates will come to Unity Church in Albany to spend a weekend with us. We anticipate this will include their participation in a Saturday workshop/program, our 10am Sunday service, followed by a "get to know you" meeting in our Fellowship Hall and concluding with their participation in our 6pm Sunday evening service. All of you are encouraged to attend one or all functions and to provide your insights and feedback using forms that will be provided. In late August or early September, we expect to be able to make a decision to extend an offer to a candidate to come to Unity Church in Albany with the idea that they will accept and arrive here in mid to late September.

You are encouraged and welcome to ask questions or provide your thoughts to any Board member at any time during this process. Our greatest desire is to affirm our community's spiritual consciousness and draw to us the exact right new minister. And so it shall be.

One more thing. We will indeed have a magical celebration for Jim and Kay before they leave for their next adventure. Details will be shared once we get closer to the date...but please keep September 6 and September 13 open on your calendars.

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## Spotlight on Service

By John Daubney



**Trudy Ellis**  
(reprint from *June 2007*)

For the past ten years, Trudy Ellis has lovingly and effectively been providing nursery care on Sundays so that adults with very small children have the opportunity to attend service; not an easy undertaking for parents. Trudy quietly goes about offering her gift of love and service through what she loves to do. She is one of many people in our congregation who, although they may be low-key in what they do, nevertheless are vital in the smooth functioning of our church services and community.

"I first came to Unity in 1993 when we were meeting at the Madison Ave location and became a member of the church in April 1995. As for my involvement in service, I started out by helping with hospitality. I have always believed that when one becomes part of a group, one should be committed to that group. I started taking care of the children in the nursery in 1996 and I feel this has been my heart's desire or my calling here at Unity. I believe that my role is to help give parents the opportunity to be fed spiritually, while the children I've had in the nursery are given the chance to both play and learn instead of the hard and unfair task of trying to be quiet in church. I've had some children learn how to use scis-

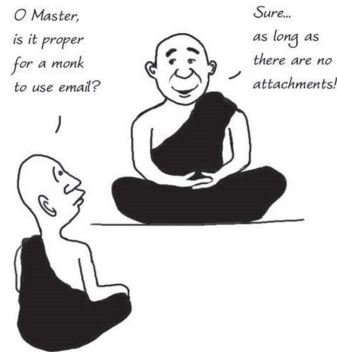
## Impermanence (cont'd)

many people this happens only toward the latter part of life and, even then with some significant degree of resistance. But for the wise, for those who begin to notice and embrace impermanence throughout their life, it can lead to understanding, wisdom and deep eventual peace. Embracing impermanence can help us transcend (end the trance) of our present limited perceptions and beliefs about people and things. It can encourage us to look beyond changing appearances and discover That which is unchanging. I capitalize the word That because in my way of thinking That which lies beyond the level of impermanence and change is a part of what we would typically call God.

We are presently going through a time in our church community where impermanence and change are highly visible. I have acknowledged an inner urging to take an extended break from full time ministry and deepen my relationship with the That, the underlying unchanging. That, of course, means change not just for me but also for my many friends at Unity Church. Yet if I did not respond to the call for change in my life, I would soon lose my ability to be an effective minister. I would become like the perpetual middle-schooler revisiting the same lessons over and over. And you as members of our congregation might also become stuck believing that what I had shared with you was all there was to know of Spirit and Truth. Impermanence and change, whether arising from inward inspiration or from external changes around us, are a blessing that keep us from staying stuck. Perhaps that is part of some greater intention to love and support us, we the timeless spiritual beings who have decided to visit the realm of limited physical existence and time?

Impermanence is only unsettling to the parts of us that want to cling to the belief that this world and these bodies are of greater importance than the underlying spiritual. Those who learn to hear the messages of Impermanence will find clear and helpful reminders to help them notice what lies beyond the habits, rituals, routines and appearances of the world. They may notice that, despite changing appearances, nothing real is ever lost; that things like love, relationship and deep con-

nection do not end. They may even come to realize that impermanence and change are actually helping them broaden their connections and incorporate more people, ideas and other aspects of the great That.



My prayer for us all is that we each learn to embrace and appreciate the impermanence of life in this world, that we consciously choose and make peace with our human feelings of fear and resistance, and that we remember

not to believe them or let them trap us in perpetually limited ways of thinking and living. For it is only as we learn to welcome new people, new forms, new experiences and new ideas into our hearts and minds that we can truly begin to grow into the awareness of the timeless, limitless divine beings that we have been created to be and which we actually are today. So may we find ways to welcome our experiences of impermanence and change as friendly reminders that we are more, much more, than we have been telling ourselves we are.

With great love and appreciation for the change and growth that has taken place in my life during our twelve years together, I wish for you continued growth and freedom from all fear and from mental bondage. May you continue to discover the truth of your timeless divine nature and may that discovery make you truly free.

***“You are a child of God. Your playing small does not serve the world. There is nothing enlightened about shrinking so that other people won't feel insecure around you. We are all meant to shine, as children do. We were born to make manifest the glory of God that is within us. It's not just in some of us; it's in everyone. And as we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others.”***

Marianne Williamson  
A Return To Love

## Dates to Note

### Stay Fit / Get Centered at Unity

**Yoga** with Deborah Foss

Mondays at 5:00p  
(785-4131 for info)

**Pilates** with Kay Fuller

Saturdays at 9:00a  
(439-1775 for info)



### Summer Worship Schedule

One Sunday Morning Service at 10:00 AM  
May 24th through September 6th  
(Memorial Day – Labor Day)

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### Sunday Evening Service

at 6:00 PM continues throughout the summer

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### Sunday Prayer & Meditation

Summer schedule 9:15 – 9:45 AM

During the summer, Jerry Petell 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.

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### Summer Church Office Hours

Wednesday-Thursday 8:30-2:00

Effective May 31, our Administrative Assistant, Barbara Zeller, will be in the church office Wednesdays and Thursdays from 8:30-2:00 PM. You can always leave messages for Barbara, Rev. Jim or Roger Mock by calling the church phone 453-3603 or by emailing [UnityAlbany@yahoo.com](mailto:UnityAlbany@yahoo.com). You can also drop messages or return books through the mail slot located at the top of the handicap ramp by the Bradford St entrance.

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### Prayer Shawl Ministry

On break until September 12th

Starting in September, Jane Bloom and friends will resume meeting to knit or crochet prayer shawls on the second Saturday of each month from 10:30 AM until noon. Think of these prayer shawls as comforting hand-crafted prayers, ready to be presented to anyone who needs comfort, support or congratulations. The group will meet in the church library. Call or email Jane Bloom for more info: 802-430-4490, [janeb915@gmail.com](mailto:janeb915@gmail.com).

Sunday, May 31st

### John Welshons (Ramamda)

10:00 AM Worship Service "Let Go Lightly"

12:15-3:15 PM Workshop "Opening to the Flow of Grace" workshop cost \$25 (no one turned away who cannot pay)



RAMANANDA / JOHN E.

WELSHONS is a highly respected contemporary spiritual teacher who lectures and leads meditation courses, workshops, and retreats across North America. He has worked extensively with Ram Dass, Stephen Levine, and Dr. Elisabeth Kubler-Ross. He has

spent time in India at the ashrams of Meher Baba and Neem Karoli Baba. He is the author of three powerful books: ONE SOUL, ONE LOVE, ONE HEART: The Sacred Path to Healing All Relationships; WHEN PRAYERS AREN'T ANSWERED: Opening the Heart and Quieting the Mind in Challenging Times; AWAKENING FROM GRIEF: Finding the Way Back to Joy.

"John Welshons is a wonderful teacher! When I read his book, ONE SOUL, ONE LOVE, ONE HEART, it feels like it is coming from my own heart."-RAM DASS

John Welshons will also schedule private sessions on May 29th, June 1st, and 2nd. You may contact him at [johnwelshons@earthlink.net](mailto:johnwelshons@earthlink.net) to schedule a time.

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Sunday, June 7th

### The Good Life & The God Life:

### Spiritual Awakening & Material Abundance

with Coach Cary Bayer

10:00 AM Service &

12:00-2:30 PM Workshop

workshop investment \$25

Here is what to expect in Cary's workshop:



### The Good Life

Veteran life coach Cary Bayer will demonstrate how to receive material abundance with innocence; teach the Manna from Heaven Meditation; and share worldwide prayers and mantras for attractive monetary abundance. He'll also help you

progress toward developing a million dollar net worth.

## Dates to Note (cont'd.)

### **The God Life**

As a longtime meditation teacher Cary will lead an effortless meditation; teach a vital energy-awakening breathing technique; and describe the 7 states of consciousness available to you, including clear descriptions of the different states of Enlightenment. Lastly, he'll show how to live 200% of Life - 100% of your spiritual potential, plus 100% of the material affluence that our world has to offer.

Cary is a former Transcendental Meditation teacher trainer and founder of Higher Self Healing Meditation.

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Sunday, June 14th

### **Rev Jyoti Kessler & One Love**

10:00 AM Service

6:00 PM Kirtan (free)

ONE LOVE offers a unique blend of Hindu Kirtan and devotional chants from a rainbow of spiritual traditions – a musical celebration of global prayer! Playing a wide array of instruments, and drawing from many musical genres, they combine beautiful vocal harmonies with infectious energy.

Ithaca, NY based singer/ songwriter and interfaith minister Jyoti Kessler left a career as a schoolteacher in 1995 to become a full-time performing artist. Since then, she has released four CDs, *Another Day of Loving*, *Leap of Faith*, *No Solid Ground*, and most recently, *Bare Bones*. Her songs touch upon themes of relationship, connection with Spirit, contemporary issues, life stories, and the joy of being alive. Known for her insightful lyrics, masterful guitar work, and pristine vocals, Jody delivers her refreshingly original material with passion, sensitivity, and humor. She performs nationally in coffeehouses and folk venues as well as at interfaith centers, churches, and festivals.

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Sunday, June 21st

### **Rev Jon Mundy**

10:00 AM Service

Perfect Communication or Dancing with the Divine

12:15 – 3:15 workshop

There's No Place Like Home: Life ~ Death ~ Heaven and A Course in Miracles

Comparing recent reports of Near-Death Experience with the teachings of *A Course In Miracles*.

\$25 advance / \$30 at the door

(no one turned away who cannot pay)

Dr. Mundy is an author, lecturer, publisher of *Miracles* magazine and Executive Director of All Faiths Seminary International in New York City. He taught university courses in Philosophy and Religion from 1967 to 2008



specializing in The History of Mysticism. The author of 9 books, his latest book, *Lesson 101: Perfect Happiness*, is published by Sterling Ethos, a division of Barnes and Noble. Jon met Dr. Helen Schucman, the scribe of *A*

*Course in Miracles*, in 1973. Helen introduced Jon to the Course and served as his counselor until she became ill in 1980. He also appears on occasion as Dr. Baba Jon Mundane, a standup philosopher-comedian.

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### **CREATE YOUR BEST LIFE!**

Workshop by Ginger Hannah

7 Consecutive Tuesday Evenings – 6:30-8:30 p.m.

Cost: \$25 per session or \$150 for all 7 sessions

Here at Unity we learn that we are the Co-Creators of our lives. Did you ever wish there was a clear formula or process that you could follow to Create Your Best Life?



You are invited to participate in her unique 7-session "Skill-shop" Series Tuesday evenings starting June 30.

Develop the knowledge and tools to create Happiness & Success in your Life, including:

- ◆ Loving, trusting relationships
  - ◆ Vibrant health and energy
  - ◆ Fulfilling work that truly makes a difference in the world
  - ◆ Material items like a new home, car, piano, boat, vacation...
  - ◆ Spiritual growth and understanding
- Learn and Apply the Creative Powers of:

- ◆ Loving yourself and being your own best friend
- ◆ Meditation and inner guidance
- ◆ Positive affirmations and vision boarding
- ◆ Releasing whatever might be holding you back
- ◆ Gratitude, Acting "As If" and having Faith

It is Ginger's passion to coach people in how to envision and create their heart's desires. She has facilitated this Skillshop Series with the Leadership Team at Bryant & Stratton College and with individual groups. She has facilitated the 4T Prosperity Course at Unity Church. Ginger combines 25 years of experience in the Human Resources, Education and Business fields with her Spiritual Ministry, meditation, coaching and Reiki Master healing practices.

Ginger offers individual spiritual life coaching and, as an ordained minister, officiates at weddings. Visit her website at [www.gingerhannah-lifecoach.com](http://www.gingerhannah-lifecoach.com). For more information and to register by June 16 for the 7-session Skillshop Series, please contact Ginger at 518-527-6968.

## Dates to Note *(cont'd)*

Sunday, June 28th 11:30-1:00 PM

### **Celebrating the History of Unity in Albany**

Unity has a long and rich history in Albany.

- ◆ Did you know that our church began as a study group in 1975?
- ◆ Did you know that Rev Jim is our 4th full-time minister?
- ◆ Do you know who the first was?

Gather with Unity friends old and new as we share pictures and stories of our church community. We encourage long-time members as well as newcomers to attend and and share their memories. By embracing and celebrating our past we can prepare to step into our future with open minds, open hearts and open arms.

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Sunday, June 28th at 6:00 PM

### **Kirtan with Chandrika**

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

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Sunday, July 19th

### **“Church In The Park”**

at John Boyd Thatcher State Park

Services - at 9:30 and 11:00 AM

Pot Luck Picnic at Noon (covered dish)

We have a shady shelter with a beautiful view! Look for the big Unity Church banner right just you reach the Overlook Parking Area. Things to bring:

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

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

Our 6:00 PM service continues as usual.

## ***Save these dates:***

Sunday, August 23rd

### **Elaine Silver**

10:00 AM Service and

6:00 PM evening “Kirtconcert”

October 9-10 (Fri-Sat)

### **Unity Fall Retreat with Patricia Hunt-Perry**

Dominican Retreat Center, Niskayuna

“Embracing Loss & Grief for Healing and Renewed Joy”

Throughout life we encounter many losses: loss of a first love, loss of a dream, divorce or ending of a relationship which might involve children, getting older, diminished physical ability, death of a beloved family member, friend or pet, observation of suffering around the planet and much more. Even our joyous occasions such as the birth of a baby or a marriage can bring losses with them.

Throughout this retreat, we will engage our losses and cultivate insights into how these losses can become doorways for moving deeper within ourselves and connecting to That which gives us the strength to move through our grief. We will explore the gifts and jewels which emerge as we become more skillful at facing and moving through loss and our fear of loss and learn tools for engaging with grief through dialogue and experiential practices.

*Patricia Hunt Perry, Ph.D, Professor Emeritus of Social Thought, pioneered the area of interdisciplinary course creation by teaching graduate and undergraduate courses on grief, death and dying for 30 years at Ramapo College. Her understandings were deeply enhanced by spending time with and taking teachings from spiritual masters in this country and in India: Ram Dass, Krishnamurti, Flora Courtois, Mother Serena, Thich Nhat Hanh, the Dalai Lama, and Mooji. Patricia has offered spiritual counseling and has given numerous talks and papers on loss both in this country and abroad.*



## Spotlight on Service

By John Daubney

### Dave Wigley



*For many of us at Unity, once we experienced the feeling of being at home as part of this congregation of fellow seekers, we naturally begin to want to give of ourselves in a way that is meaningful for*

*each of us. Gratitude for what we receive frequently leads us to want to share our blessings. For Dave Wigley, his desire to meet people and help them to feel comfortable led him to a service position as an usher at Sunday church services.*

I came to Unity through a good friend, John Reith, who is a member. We were discussing spirituality, and I was relating some of my beliefs to John, along with my past involvement with the ARE, Association for Research & Enlightenment which is based on the Edgar Cayce readings. I've been a member of the ARE for many years and, in the past, have held group discussions at my home. John thought that, Unity—his church, would be a good fit for me and my spiritual beliefs. So I decided to give it a try. Within the first few visits, I was hooked. I felt that at last this was a church that supported my beliefs and was further impressed when the minister, Jim Fuller, who invited me to a local diner for a one-on-one meeting so he could get to know me and tell me a little bit about Unity. It wasn't long before I knew I had to become a member. I found many of the members to be very friendly, helpful, and spiritual seekers like myself. I very much enjoy conversations on spirituality, and on various church related matters. John Daubney, a Unity member, also influenced me in my decision to join the church. I've attended three of his retreats at Pyramid Life Center and found them to be very spiritual. I had many interesting things happen to me there.

I've mostly served Unity as an usher. I enjoy meeting and greeting people. It was a real pleasure when my granddaughter, Averi, was able to join me one Sunday in ushering. I briefly served on the garden committee but I must admit, I haven't been in attendance very often. My own little half acre yard keeps me very busy. I love gardening and landscaping. Now that I am retired from US Airways and school bus driving, I hope to get more involved with church activities.

I was sad to hear of Rev. Jim and Kay's departure. Each Sunday that I attended, his sermons seemed

to be exactly what I needed to hear to guide me along my path. But after hearing Rob Geyer explain the search procedure for a replacement pastor, I am optimistic about finding a suitable replacement. I plan to get involved with that, and I am sure we will find just who we need. Change is a part of life. Change can be scary, but it is necessary for growth. It takes courage and faith of which I feel Jim and Kay and Unity have in abundance.”

***“Imagine what the world would be if the only words we spoke to God, and to one another were ‘thank you!’ Each time we express our gratitude by extending our love to all, there is a little more light in the world, and a little less darkness.*”**

Gerald G. Jampolsky MD  
A Journey of Inner Healing

## Spotlight on Service (cont'd)

### Trudy Ellis

sors and practice cutting and coloring while in nursery. I essentially take each child where they are at, because the nursery is completely child directed. It has been a great joy for me to watch each child develop into their own person here at Unity and I am blessed to have had a role in that. Quite simply, I have come to understand the adage: “It is better to give than receive.”

#### 2015 Update

Trudy Ellis retires from her work as our “Nursery Lady” at the end of May. She has provided care for countless infants and small children over the past 19 years; each with great care and loving attention. As a church community, we have been greatly blessed to have Trudy filling this important role for our children and we thank her from the bottom of our hearts. With Trudy’s retirement from nursery, care we now have an opportunity for others to step forward in loving service to nurture and support the youngest members of our church community. We have a lovely nursery room filled with the wonderful toys and learning tools that we have collected over the years. We hope that one or more of you will notice the inner calling as Trudy did and step forward to bless and to be blessed by spending time with our children. And once again, we thank and bless Trudy for the dedication and love she has shared with our community.

# Unity Church in Albany

21 King Avenue  
Albany, NY 12206  
Telephone: 518-453-3603  
www.unityalbany.org



## Sunday Worship Schedule

**One Sunday Morning Service** at 10:00a  
May 24th—September 6  
(Memorial Day – Labor Day)

**Sunday Evening Service** at 6:00p each week  
*(continuing throughout the summer)*

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



## Sunday Prayer & Meditation

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



## 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!**



## FOOD PANTRY

### 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.