

We are a church of loving, inclusive and guilt-free Christian Spirituality. No judgment. No pressure. No hype. Just God.

Many of us at one time or another stopped going to church for the same reasons you may have. Then we found Unity. Unity is a path for spiritual living, emphasizing spirituality more than religion. Unity unabashedly focuses on and celebrates "the original blessing" -- emphasizing the sacred worth and divine potential within everyone without regard to race, sex, sexual orientation, social or economic background. Our teachings help people transform their lives in dramatic, lasting ways

Unity Church in Albany is committed to spiritual empowerment of the individual, to the healing and transformation of each other and our planet, one heart and mind at a time.

Yes, this really is a church. Positive. Practical. Inclusive. Casual. Comfortable. Relevant. YOU are welcome at Unity! Just the way you are.

### **Matthew Fox on Unity**

"I believe that Unity has a special role to play in current history. It emphasizes the mystical and unitive experiences of healthy religion and spirituality; it is not loaded down with the baggage of much institutional religions; it is not encumbered by institutional sexism or homophobia; and it is deeply ecumenical."

--From a letter to Unity ministers, April 7, 2003