



# unity Church of New Hope

May, 2009

## REFLECTIONS

By Rev. Ellen Davis, Minister



One of my favorite Unity affirmations is that "I have plenty to spare and plenty to share". Nature is such a good example of this affirmation.

I have a tree at my house that is literally raining down seeds. These seeds are being blown by the wind and are getting blown into soil where some of the seeds will take root.

The birds also love these seeds and are enjoying eating them. This tree is one example of "plenty to spare and plenty to share".

I really am a true believer in the importance of sharing what we have which activates the law of "giving and receiving". I am always amazed at how many clothes I receive when I clean out my closet and give my clothes away. Immediately I will receive donations of clothing or find wonderful unbelievable bargains of clothes that are just perfect for me.

When I tithe or give money to the church, I find the same principle of giving and receiving in action. Wonderful financial "surprises" begin to happen. Last month I found out that my mortgage payment had been reduced by \$70 per month. I won \$200 on a \$10 scratchoff. I was able to easily sell my

Jeep. The registration for the car I bought to replace the Jeep was \$300 less than what I had estimated.

Placing our trust in God to provide for all our needs takes faith but God does provide. Some of my favorite Bible verses are from the Sermon on the Mount found in Matthew. Below my column is my selection having to do with useless, needless worry about God providing for us.

Giving not only takes place with objects and money but also with our talents and abilities. I remember that my desire to own a bookstore was fueled by my volunteering in a Unity bookstore. I gained a lot of valuable experience which paved the way to my own bookstore in later years.

St. Francis expressed beautifully this concept of giving

*"O Divine Master, grant that I may not so much seek to be consoled as to console; to be understood, as to understand; to be loved, as to love; for it is in giving that we receive, ..."*

See you soon!

Ellen

<sup>25</sup>"Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more important than food, and the body more important than clothes? <sup>26</sup>Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? <sup>27</sup>Who of you by worrying can add a single hour to his life<sup>b</sup>?"

<sup>28</sup>"And why do you worry about clothes? See how the lilies of the field grow. They do not labor or spin. <sup>29</sup>Yet I tell you that not even Solomon in all his splendor was dressed like one of these. <sup>30</sup>If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you, O you of little faith? <sup>31</sup>So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' <sup>32</sup>For the pagans run after all these things, and your heavenly Father knows that you need them. <sup>33</sup>But seek first his kingdom and his righteousness, and all these things will be given to you as well. <sup>34</sup>Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

Matthew 6: 25-34

# The Secret Column

By June Fish

Recently it has become clearer to me the importance of living in the present moment and not worrying about the future, or reliving the past.

In this column for August, I wrote about my fear of an upcoming eye surgery. It was my first real experience in consciously applying living in the present moment. I felt fine in each now moment, it was only when I projected my imagination to the future surgery that I became upset over all the scary possibilities of the unknown. When the surgery time came, the medical team took very good care of me and I breezed right through it. The worst part of it was during those moments days before the surgery when I allowed myself to imagine what could happen.

Years ago I used to think occasionally (usually when some friend lost her husband) about what would I do if Chuck died.... And it was awful. Fear gripped me as I projected myself into the loss and imagined how she must feel. There was never any help or any healing for it when I just imagined how bad it would be; it was always very fresh. Fortunately, I never dwelt on it. Then when he did die, it WAS awful, but I was in a daze and nothing seemed real for a while. I believe unseen forces helped me through it and gradually I healed. Now, while I still miss him and think of him often, it doesn't hurt any more. The emptiness is gone and I feel close to him again.

My point is when something bad actually happens, we have help getting through it, and if we allow it; (if we don't "pick it") it will heal. But when we worry about something that MIGHT happen in the future, we have no help and no healing because it isn't happening in the now. It is only in our minds and in the future where it stays fresh and alive over and over as often as we go there.

By reliving unpleasant things from the past ("picking it") we keep it fresh in our mind and there is no help for us there either, because it is not happening now, and we have not allowed it to heal.

In the bible story of Moses and the Israelites leaving Egypt, the Red Sea didn't open up until they were ready to step into it. They didn't need it when they were a mile away or even half a mile away. They got what they needed when they needed it.

This is true for us today. If we worry about something that MIGHT happen, we can not get help for that imagined situation. We don't need it ... yet ... maybe we will never need it. It takes practice to live in the present moment because projecting to the future or reliving the past is such a habit, we don't even realize we do it.

Of course there are many times we need to plan ahead, and it is also important at times to remember past events, but these aren't worrisome or fearful things. We can use these abilities to enhance our daily lives, and still live in the present moment, now. This moment is eternity. It is always now.

You can experience time passing by, like you are sitting in the bleachers watching a game played out on the field below. What seems so big and important now soon moves on into the past and some new event or circumstance takes its place. That one too soon passes on into just a memory and another situation pops up. Yet the You that is observing, experiencing all of it stays the same.

I can remember events when I was around 3 years old. At that house, there were several steps up to the back porch and it made a nice little closed-in place for me to play under the porch. One time my Mom and Grandma came out looking for me. I thought it was like a game, so I kept very quiet while they walked all around the house calling me. Then I realized they were upset, so I answered. The point in my story is that I can go back in my mind to that time and be there, being the same size I was then with plenty of room for me under that little porch, hearing them calling me, feeling the excitement of "the game" just as I did then. The I that remembers that moment, is the same I that was there at age 3. I may know more now, have more experiences, but the I is still the same. The same is true of any memory I choose to entertain. And even in flights of fantasy into the future that I never changes.

I don't fully understand it, but I do believe that knowing this I that is ageless is a key to living in the now, and becoming aware of the inner presence. In the bible, God said, "I am that I am." Maybe He was talking about the same I with which each of us identifies.

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## **OMELETTES & SPRING CLEAN SUNDAY, MAY 31ST**

**Join us for omelettes at 10:00 AM hosted  
by our Prayer Chaplain members—-\$5 per person.  
Attend the 11:00 AM worship service,**

**And then help us move things around and clear out  
the storage shed.**

**Food—Fellowship—Fun**

## *Classes & Events*

All classes are offered on a love offering basis. Each class stands on its own and anyone may attend at any time during the course of study.

Often people are confused about why we take up an offering for a class. There are 3 basic reasons:

1. The teacher is paid 1/2 of the offerings of the class for the effort, time and materials for the class.
2. The church is reimbursed for the use of the facility in terms of utilities advertising, etc.
- 3.

This church is totally supported entirely by love offerings and donations.

### **Ongoing Classes**

<b>SUNDAYS</b>	<b><u>Wednesdays</u></b>
<p><b>Spirit Quest</b> 6:00 PM Email Lance &amp; Mary Oliver for a schedule</p> <p><b>Artists Way on may 3rd only</b> 9:30 AM</p> <p style="text-align: center;"><b><u>Mondays</u></b></p> <p><b>Yoga for Unity!</b> 6:30-7:30 PM <b>Sue Greenwood</b>—registered Yoga Teacher and Yoga Therapist</p> <p>This class is for all levels, anyone who wants to explore the breath and create space in the body. For more information or to schedule a private therapy session with Sue please email her at su3f@yahoo.com or check out her website at www.sadhanayoga.org</p> <p><b>Meditation Classes</b> 7:30 PM <b>Lane Pierce, Facilitator</b></p> <p>Monday night meditation on the 1st and 3rd Monday of each month. Check the church calendar for details. You can access all events on the church calendar at <a href="http://tinyurl.com/6vanph">http://tinyurl.com/6vanph</a> Come join us for a powerful group meditation.</p>	<p><b>Spiritual Discussion Class</b> 10:30 AM Facilitated by Ellen Davis</p> <hr style="width: 50%; margin: 10px auto;"/> <p><b>Visioning &amp; Treasure Mapping Your Life</b> 7:30 PM Ellen Davis &amp; Lane Pierce</p> <p>What are your heart's desires? How can you bring more creativity into your life and a feeling of really being on your life path?</p> <p><b>Mother's Day Potluck</b> May 10th</p> <p><b>Garage Sale</b> May 15-16 8:00-2:00 PM</p> <p><b>Omelettes</b> 10:00 AM May 31st \$5 per person</p> <p><b>Spring Cleaning</b> Immediately after church May 31st</p> <p style="text-align: center;"><b>Shop our Bookstore</b> <b>For wonderful gift ideas</b></p>

## **CHURCH STAFF**

Minister:	Ellen Davis
Music Director:	Kathryn Kalahan
Youth Ed:	Stephani Mazy
	Mary McFall
	Mary Oliver
	Nancy Kremer
	Shari Turner
Office	Colleen Pierce
	Kay Lamb

### **Board of Trustees**

President	Mik Birze
Vice President	Lance Oliver
Secretary	Fred Perrin
Treasurer	Dale Yeatts
Member	Sue Greenwood
Member	Colleen Pierce

### **Ministry of Fellowship & Activities**

Lou Longshore	Colleen Pierce
Pamela Sybert	
Lisa Reed	

### **Chaplaincy Prayer Chaplain Ministry**

Sue Greenwood	Shari Turner
Lane Pierce	
Colleen Pierce	
Carin Horn	

### **Volunteer Ministry**

Pamela Sybert

### **Finance Ministry**

Linda D' Amanda, Chairperson  
Robert Horn  
Nancy Kremer  
Ellen Davis  
Mik Birze  
Dale Yeatts

### **Make Pretty Ministry**

Brigitte Birze  
Colleen Pierce  
Olivia Walker

### **IT Committee**

Dale Yeatts  
Lane Pierce  
Jon Kaeton

### **Bookstore Volunteers**

Darlene Kaeton  
Carla Quinn  
Lou Longshore  
Pamela Sybert  
Colleen Pierce



## Landscape Update:

By Dale Yeatts

The church has received a donation to cover the cost of a sprinkler system for the parking lot side and road side of the church. Hurray! Donations are currently being accepted for the cost of specific plants to be planted on the parking lot side of the church. If you would like to donate to this cause, a list of various plants and their prices are provided on the bulletin board in the church hallway. You can sign up for one.

Or, if you prefer, please feel free to use PayPal on the church website to provide your donation. Specific plants to be purchased and needing a donor include: .....

1 Savannah Holly —30 gallon	\$225
2 Crepe Myrtles—6-8'	\$88 each
10 Indian Hawthorne 3 gallon	\$17 each
11 Abelia's 3 gallon	\$17 each
4 Knock Out Roses 3-5 gallon	\$24 each
12 Spireas	\$21 each
27 Perennials:	\$6 each
30 Grasses	\$8.50 each
10 Ground Covers	\$40 Each



Thanks to Spirit Quest for donating a Smoke tree 6-8' tall at \$150.

Thanks also to 2 donors for 2 crepe myrtles, 4 2 Knock Out Roses, and for 3 perennials. The items listed above are still needed.

Note from Ellen:

Thanks to Sheila Walker who is working on this project and Dale Yeatts who is working with Sheila to get our landscaping accomplished..

We are working with a master plan and soon we will have a beautiful entrance to our church.

**SIGN UP SHEETS ARE IN ON THE TABLE IN  
FELLOWSHIP HALL!!!!**



## ee CLEF NOTES ee

Mother's day is five weeks after Easter this year. I guess I don't often pay attention to distance between holidays, but it seems fast this year! Maybe that's because there are fewer weeks than normal between the two, or maybe it's because life goes faster when you've lived more than half your allotted years. I would like this final year in my 5<sup>th</sup> decade to *s-l-o-w d-o-w-n*! On the other hand, this seems to be the very *best* time of my life, so I'll settle for enjoying the ride. Our ensemble moved fast to prepare some fairly dazzling Easter music with only a handful of rehearsals, and our versatile new stage was completed quickly in time for a holiday debut. Please allow me, once again, to thank all those who participated and to invite the singers to hurry back for seconds!

**OUR NEXT REHEARSALS WILL BE ON MAY 17, MAY 31, JUNE 7, AND JUNE 14**

**OUR NEXT PERFORMANCE IS SCHEDULED FOR JUNE 21 (Father's Day)**

Everyone who participated in the Easter Ensemble singing is hereby cordially invited to commit to the rehearsals and the Father's Day performance. If you have sung with the ensemble before but were unable to participate at Easter, you are welcome to return. And what if you have never sung with a Unity Ensemble and would like to find out what the experience is like? Please stop by the piano for a chat with me, or talk to any ensemble singer. Music readers and non-music readers alike are welcome and you do not have to have choir or ensemble experience. You **DO** have to enjoy a good time and be willing to accept learning performance songs as a *p-r-o-c-e-s-s* that is cumulative and sometimes slow. The payoff is in the camaraderie, the pride of accomplishment, the joy of singing, the sense of being in the center of the sound, and of course, the applause.

So...hurry....quick before Labor Day happens...let's fill up our stage with summertime smiles and fill our church with energy and song!

*Life is Allegro - live Forte!!! (Life is fast, live loud!)*  
*Kathryn*

**Prayer Chaplain's Corner**  
By Sue Greenwood

Don't be surprised if one of your beloved Prayer Chaplains approaches you with questions! In an effort to become more accessible to the congregation, we will be conducting informal surveys on how we might serve your needs best. Within the parameters of the Light and Love Ministries program, there are some things we can change to be of service so please share your ideas!

In light of this charge, it might be helpful for our readers to know the role of a Prayer Chaplain:

- Hold spiritual space
- Lovingly listen
- Pray from the heart
- Hold in confidence what is shared

The prayer process that we go through with each person allows us to breathe, drop to the heart space, connect with God, Listen, Pray, and release the prayer, always thanking God!

Please let one of us know if you have questions or comments or are interested in becoming a Prayer Chaplain. Formal recruitment for the 2010 year will begin in July, with a pre-requisite class on prayer to be held in 2 sessions in the fall.

We hope to assist congregants in a deeper connection with Spirit, as prayer work is the heart of the Unity movement!

Amen and Namaste!  
Sue

**Baptism Service**  
May 24th (Either before or after the service)  
More information to come

**Mother's Day**  
**May 10th**  
**Special Demolay Mother's Day Ceremony**  
**End of service**  
**Followed by our normal potluck**