

Unity Church of Greater Rochester

A Positive Path for Spiritual Living



January/February 2017

A member of Unity Worldwide Ministries/Affiliated with Unity, publisher of Daily Word

Our Vision Statement

Humanity awakens and transforms into its Divine Identity. Unity Church of Greater Rochester is a focal point of service to this vision.

Our Mission Statement:

Unity Church of Greater Rochester is a warm, loving and vibrant spiritual center in the heart of Rochester. Recognizing our divine nature, we create a nurturing environment of spiritual freedom where all can develop their spiritual potential for lives overflowing with blessings.

"I am open to receive the new gifts of this New Year"

*"See if I will not open the windows of heaven for you and pour down for you an overflowing blessings."
(Malachi 3:10)*

Dear Fellow Truth Students,

Happy New Year!!!

Wow, Wow, Wow!!! The sound of music was heard throughout our sanctuary. We opened the Christmas Eve Candle Lighting Service with a beautiful piano prelude followed by the ringing of the bells. The evening had a continuous thread of metaphysical interpretation of the birth story of Jesus. During the candle lighting service, we were invited to light a candle of our own journey and hear the sounds of majestic voices raised in song. Thomas Warfield was our soloist for the evening and the choir performed under the direction of Allison Burchell. The sanctuary was illumined by the candle lights of all in attendance as we vowed to be the "Light onto the World." Our Christmas celebration continued on Christmas day. Fatima Razic stirred everyone as she sang "Welcome to my heart, sweet and holy child; Shine your light on me, Emmanuel." Emmanuel – God Within us, We accept. Thank you to all who participated. We grew together in consciousness.

We continued our journey as we created a New Year's celebration, giving thanks for the gift of 2016 and then releasing it, we allow room for our new gifts of 2017. Letters have been written and placed in the prayer box where they will remain for the year.

The White Stone Ceremony is the third service in our holiday trilogy. Join us as we go to the sacred place within and ask our indwelling Christ to reveal our new name for the coming year.

New classes are forming:

January 11 begins **The Christ**, a Spiritual Education and Enrichment (SEE) class. We will look at the Christ idea and Jesus Christ.

February 15 starts our next **4T Prosperity Program**. Join in a twelve-week journey to prosperity transformation and a leap in consciousness that expresses outwardly into your day-to-day world.

Meditation continues Tuesday evening (new time) and Wednesday noon.

Yoga is offered every Tuesday morning.

Thank you God and thank each of you for this loving, abundant, generous community!

Namaste! Truly Honoring and Beholding the Christ You Are!

Reverend Ann



Unleash Your Divine Potential

Senior Minister, Rev. Ann Frances

Board of Trustees

Mary Ann Ruganis, President
 Vada Good, Vice President
 Leslie Wright, Treasurer
 Mary Meissner, Secretary
 Javier Bautista, Trustee

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Venise Cottrell—Administrative Assistant

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Emily Carpenter, Webmaster
 Jane Faust, Accompanist
 Venise Cottrell, Clerical Assistant
 Marna Rossi, Youth Ed. Dir.

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 Bookstore – Joan Miller
 Bylaws – Mary Ann Ruganis
 Circulation Day -
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 Directory - Marie Hedrick
 Earthkeepers Chair - Stan Marshall
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 Flowers - Joan Yaeger
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 Greeters – Kathy Vidas Burgholzer
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 Librarian - Carol Baumeister
 Music - Jane Faust/Rev. Ann Frances
 Newsletter - Bernie Bowie
 Nominating Comm. - Janet Collamer
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 Prayer Chaplain - Katherine DaCosta/Jane Faust
 Prayer Team – Jean Marie Bianco
 Publicity -
 Purchasing Agent - Bernie Bowie
 Remembrance - Barbara Boyce
 Social Outreach -Sam Akin/Liesl Gaesser/Bernie Bowie
 Special Events Catering- Larlene Fyles/Vada Good
 Spiritual Healing - Donna Ries
 & Vicki Williams, Co-Facilitators
 Sign Ministry - Mike Gacek
 Social Media - Barbara Boyce
 Ushers - Lisa White
 Welcoming -
 Women of Wisdom -

January

I connect with Spirit and
 Peace fills my heart.

I am guided to new and
 Fulling discoveries.

I live for the truth of my being.
 I am whole, strong, and well.

My positive thoughts attract
 Blessings.

I envision a world where peace
 Resides in every heart.

Affirmations

Inner Peace

My heart is a sanctuary
 Of love and peace.

Guidance

I listen for the guidance of
 Spirit, and I am gently guided to my good

Healing

I am radiantly and vitally alive.

Prosperity

Attuned to divine ideas, I am abundantly
 Prospered.

World Peace

I express divine love and understanding
 To all.

Catherine Ponder Prosperity Dial-A-Thought
 760-346-3964

Silent Unity's number is 1-800-669-7729 or go to
www.silentunity.org



Information on Service Cancellations

If Christ Church Unity finds it necessary to cancel Sunday activities due to **inclement weather**, the announcement will be made on 13 WHAM-TV, 13 WHAM.com, CW-WHAM (digital 13.2, cable channel 16), Newsradio 1180 WHAM, 100.5 The Drive, 106.7 KISS-FM, 102.3 Sunny-FM, Sports Radio 1280 WHTK, 95.1 The Fox, 107.3 WHTK-FM and YNN Rochester Cable TV, Channel 9. It will also be posted on the church phone line 473-0910 after 8:00 AM. Weeknight cancellations will be announced by 5:00 PM on the church voice mail and in the media if possible.



Unleash Your Divine Potential ~ Every Day

January 1
Community Lunch

January 5
Labyrinth Walk

January 8
White Stone Ceremony

January 11
The Christ Course

January 22
Membership Meeting

February 5
In The Know
Community Lunch


February 15
4T Prosperity Program

February 28
Membership Meeting

Save The Date
March 26 Annual Meeting

White Stone Ceremony
Sunday, January 8, 10 AM
You won't want to miss this One!!!

Embrace a new name upon a white stone.
Come, inquire and embrace a divine revelation.
In mediation we will ask for guidance for this upcoming year



Join Us

New Year's Day Service

Sunday, January 1, 10 AM

What does the new year bring?
Gifts too many to count.
Join us this Sunday as
We look at the Magi's gifts.

Labyrinth Quest

Thursday, January 5
6:30—8:30 PM

Join us for walk of reflection of
New Beginnings

The Christ

Wednesday, January 11
6:30—8:30 PM
5-week course

Compare the Christ Idea and
Jesus Christ

**Quarterly "In The Know"
Congregational Gathering**

Sunday, February 5 immediately following service
Join the board members, team leaders, Rev Ann and
each other to share and learn about what is happening
in the church. It is our intention to grow in ownership
of the church and camaraderie in the church as we
come together to share and discuss the workings
of the church.

**4T Prosperity Program for the 21st
Century**

Tithing of Time, Talent and Treasure for Prosperity
and Fullness of Life.

12-week course
Wednesday, February 15
6:30—8:30 PM

Unleash Your Divine Potential through Leadership



Board Highlights

- ◆ Board continues to monitor Parking Lot Fund—pledges and donations.
- ◆ Funds donated in memory of Sarah Gale will go to the Parking Lot Fund.
- ◆ Board approved that any future undesignated memorial funds will go the Parking Lot Fund until it is paid off, and then toward the boiler loan.
- ◆ Next “In the Know” meeting is scheduled for February 5, 2017.
- ◆ Members of the Board and other UCGR leaders will be attending a Unity Leadership training conference sometime in the Spring in Syracuse.
- ◆ Financial Prosperity Team is preparing 2017 Budget.
- ◆ Board approved revised Financial Prosperity Ministry Manual.
- ◆ A bookkeeper was hired.
- ◆ Requested Facilities Management Team to acquire 3 bids for cleaning of the church carpet.

- ◆ Continuing to develop volunteer organizational structure, and, roles and responsibilities of ministry teams.
- ◆ Planning a Special Membership meeting for January 22, 2017. Two main topics: Bylaws changes and status of Parking Lot Pledge Fund.
- ◆ Labyrinth Walk, January 5, 2017.
- ◆ Continuing restructuring of Youth Education program to better serve the needs of our community—nursery, elementary, uniteen.

Respectfully,
Mary Meissner
Board Secretary



The Christ

SEE Class offered 5-weeks
Wednesday, January 11 – February 8
6:30- 8:30 PM

Using the Bible, this class will compare and contrast the differences and similarities between the Christ idea and Jesus Christ. We will analyze the concept supporting Christhood for all people. Facilitated by Reverend Ann. SEE credit available



4T Prosperity Program for the 21st Century

Tithing of Time, Talent and Treasure for Prosperity and the fullness of life. A series of twelve lessons, this is a course in prosperity transformation. The student who participates in this course can expect a renewal of mind and a changed and uplifted consciousness that expresses in the manifest realm. Over 200,000 students in other churches and spiritual organizations can attest that this program is life changing.

Facilitated by Reverend Ann

Wednesday, February 15, 2017
12-week Course to Abundant Living
6:30 PM

Contact UCGR office for cost



Divine Love richly provides everything now.

Unleash Your Divine Potential through Sharing



Sacred Healing Ministry

We welcome 2017 with a special event on Thursday, January 5: we will be hosting the Labyrinth Quest at Unity from 6:30-8:30 PM. The Labyrinth for many is a sacred walk, a time for reflection, an opportunity for reframing or opening to a new outlook on an existing situation or thought. With the new year beginning as well as a time of many potential changes in our country, we are dedicating this walk to "New Beginnings". We invite you to join us in this sacred evening to walk the Labyrinth, to sit in reflection and prayer, and perhaps also to receive Reiki or a similar energy healing offering. Come for 15 minutes or for the full two hours, this is your time for celebrating the beginnings of a new year.

Also, on Sunday, January 15 and February 19, the SHM will be offering Reiki as well as "sacred silence" following Sunday service. You are welcome to sit and to receive.

Love offerings are graciously appreciated at all SHM services.

See Vicki Williams or Donna Ries, co-coordinators, for any questions or to participate as a Reiki practitioner.



Restorative Yoga

This is a class that uses many paths to help achieve awareness in the body. In this class we connect the body with the breath through postures, breathing techniques, inquiry, meditation and myofascial release using balls. This is a yoga class that moves you through a flow of poses at slow to moderate pace, holding the poses as you go, so you can feel what your body needs from the inside out. We will be using blocks, straps and balls as needed. These tools will be provided.

This class is designed for all levels of experience in yoga from beginner to advance. All are welcome to attend.

Tuesdays @ 10 AM



Everyday Mindfulness

2017 is a new year, so let's make it a truly memorable and transformative year! Everyday meditation has been identified as one of the most powerful things you can do to transform your life. Transformation begins by bringing out the best in ourselves. In the spirit of identifying a meditation technique that works for each of us, we plan to explore several traditions this year, a new one each month. Traditions will include: Buddhist mindfulness meditation, New Thought guided meditation, and Christian Centering meditation and much, much more. Join us every Tuesday starting on January 3rd 2017.

New year: New time:
Tuesdays at 6 PM - 7 PM

Unity Church of Greater Rochester
55 Prince Street, Rochester, NY

For more info contact: Bruce Wayne McLellan c- 585-530-2308
bruce@brucewaynemclellan.com



Unity Men's Circle

In 2017, the Unity's Men Circle of Rochester, New York will foster the opportunity for men to come together and explore the sacred masculine as well as develop like-minded community. Not only will it help us to gain a deeper understanding of what it means to be a man in the 21st-century; but also, to help us as individuals to co-create close-knit community that we can enjoy now and for years to come. We will be coming together every month on the last Saturday of each month beginning at 8 AM. Next session January 28th!

Meeting are normally on the **LAST Saturday of each monthly**



Prayer Chaplains

Prayer Chaplains are available after every Sunday service to pray with you individually and confidentially. We also are open to making visits to hospitals, nursing homes and assisted living communities. And if you would like to receive a monthly "wellness" call please fill out a request form and drop it in our prayer box or the collection basket.

We stand ready and willing to pray most anywhere and anytime.

Prayerfully submitted,
Your UCGR Prayer Chaplains



Outreach Ministry

Thank you to everyone who brought in socks, and travel sized toiletries in support of the St. Joseph's House "Foot and Hair care clinic that took place on December 18th. We will continue to collect those supplies in our lobby in support of this outreach program which takes place every 3 months. Bless you all for giving from your hearts, and Thanks from your Outreach Ministry group!

NEXT MEETING:

Saturday, January 28, 8 AM-10 AM

Unity Church of Greater Rochester

For more info contact: Bruce Wayne McLellan c- 585-530-2308
bruce@brucewaynemclellan.com




Noon Meditation

Join us for a 30 minute Meditation every Wednesday at Noon with Reverend Ann.

JANUARY 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 New Years Day 10 AM Sunday Service Community Lunch	2	3 10 AM Yoga 7 PM Meditation	4 Noon Meditation 5:30 PM FPM	5 6:30 PM Labyrinth	6	7
8 10 AM Sunday Service Board Meeting	9	10 10 AM Yoga 7 PM Meditation	11 Noon Meditation 6:30 The Christ	12	13	14
15 10 AM Sunday Service Sacred Healing	16 <i>MLK Day</i>	17 10 AM Yoga 7 PM Meditation	18 Noon Meditation 6:30 The Christ	19	20	21
22 10 AM Sunday Service Membership meeting	23	24 10 AM Yoga 7 PM Meditation	25 Noon Meditation 6:30 The Christ	26	27	28
29 10 AM Sunday Service	30	31 10 AM Yoga 7 PM Meditation				

FEBRUARY 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Noon Meditation 6:30 The Christ	2	3	4
5 10 AM Sunday Service Community Lunch In The Know	6	7 10 AM Yoga 7 PM Meditation	8 Noon Meditation 6:30 The Christ	9	10	11
12 10 AM Sunday Service Board Meeting	13 <i>Newsletter Deadline</i>	14 <i>Valentine's Day</i> 10 AM Yoga 7 PM Meditation	15 Noon Meditation 6:30 4T	16	17	18
19 10 AM Sunday Service Sacred Healing	20 <i>President's Day</i>	21 10 AM Yoga 7 PM Meditation	22 Noon Meditation Newsletter Assembly 6:30 4T	23	24	25
26 10 AM Sunday Service Membership Meeting	27	28 10 AM Yoga 7 PM Meditation				

Unleash Your Divine Potential

January ~ February Birthdays

Kristina Turachak	January 4	Rev. Vernice Warfield	February 2
Katy Howard-Lom	January 5	Chris Smith	February 5
Anne Marie Miraglia	January 7	Audrey Lammel	February 10
Dijana Winter	January 9	Walter Ries	February 10
Kathleen Worgo	January 10	Bruce McLellan	February 15
Heather Boyd	January 12	Helen Lutz	February 16
Bruce Benton	January 14	Susanne Callan	February 17
Kathy Vidas Burgholzer	January 16	Elizabeth SantaMaria	February 18
Lisa White	January 20	Vada Good	February 24
Carol Baumeister	January 26	Barbara Boyce	February 25
Faythe Swanson	January 26		
Deborah Koziarski	January 30		
Peggy Harvey	January 31		

*Happy Birthday to you...
There is joy in the Universe
Because you exist!*



On-Going Events

The "There is Only God" study group meets every Saturday from 10 AM—Noon. Next meeting January 7, 2017. <http://thereisonlygod.com>.

Reminder

To receive the newsletter or event flyer or both by email, go to our website, www.unityrochester.org, and click on *Get Unity Updates*.



MAKE A DONATION

Online Donations

We are grateful that our church can receive donations online. Go to any page on our website www.unityrochester.org and click on the purple button. Thank you.



Women of Wisdom

The women of Unity Church of Greater Rochester meet every month sharing and laughing, usually at members' homes. The meetings are an opportunity to get to know each other at a more personal level. Those interested in hosting a meeting, please contact the church office at 585-473-0910.



Be sure to add the UCGR email: unityroc@unityrochester.org to your address book to make sure you get all the news.

Recording of Our Services

Visit our website to listen to recordings of our Sunday lessons and meditations. This is a free service which we give to the world.



Don't forget you can support UCGR every time you search the internet or shop online with www.GoodSearch.com or www.GoodShop.com

Type Christ Church Unity-Rochester into the "I support box" and click on verify. Money from advertisers will go to UCGR.



Men's Circle

Meets the last Saturday of the month at UCGR. It is a chance to celebrate sacred masculine spirituality as well as create a close knit community. For more information contact Bruce McClellan at bruce@brucewaynemcclellan.com

Thank you for keeping our Sunday services fragrance free.



Submission Deadline

For March/April Newsletter

February 13, 2017

Assembly Date

February 22, 2017



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Rochester, NY 14607-1025

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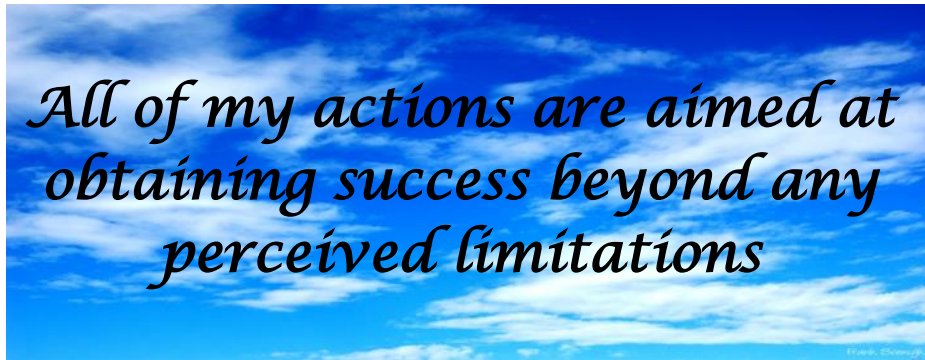
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Email: unityroc@unityrochester.org
Website: www.unityrochester.org



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