

Christ Church Unity

The Year of Living Abundantly²⁰¹¹



February/March

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

Living Abundantly in Truth

Dear Friends,

Abundant Blessings to you in this new year! We will all be hearing those words often this year, as **2011 is Unity's Year** of Living Abundantly. Please read the article by Trustee Catherine Smith on page 5. She has done a fine job of describing this and also the two subthemes for February and March, Love and Health. Her article contains much of the information I would normally give you, so this gives me space to explore the Living Abundantly theme from a different direction. Thank you, Catherine!

I have before me on my desk a Christmas card which shows on the front Mother Mary holding her infant child. The **baby's face is turned toward his mother, away from the viewer, so that the emphasis is on the mother's face.** She is holding the child most tenderly, and looking at him with wonder and love and reverence. This is one of the most moving pictures I have seen of the Madonna and Child.

On a spiritual level, this Love of the Mother toward her Child is an icon of the love which we are called to give toward our own creation. Our child symbolizes our dream, our passion, our mission in life; *the thing which calls from our heart to be expressed.*

In history Mary brought forth Jesus who embodied Christ consciousness; in metaphysical terms, the Christ is a manifestation of the God idea which you have accepted into your being (Mary accepting the Holy Spirit). Your dream or mission or passion is that which God wishes to express in the world through you.

Like Mary, we can look at our "child" with awe, with reverence and with Love. If you looked at your dream with awe and felt it was a divine gift, would it change how you give yourself to it? Would you be living with more intentionality, more focus, or more joy and freedom?

May you have the courage to look your dream full in the face this year and live the abundant life which your dream has for you in its hands.

Affirm: I now spring forth with a mighty faith to do the thing God calls me to do.

In peace, Rev. Eleanor

Dear family of Christ Church Unity,

I will teach a new class called Love for No Reason beginning on Feb. 2, based on the theme suggested by Unity Institute, **“Above All, Love.”** You can see the class description on page 10 of this newsletter. This class will run for five weeks, through March 2. Loving ourselves will be the focus.

On March 9 we will have a special meditation for Ash Wednesday, given by Rev. Sharon Peters. This is a good way to begin the Lenten season of mindfulness. Our Advent meditation was beautiful and I am sure this will be too.

March 11 brings the St. Patrick’s Day dinner. Please watch for announcements about the details.

In New Thought Lent is a time to look within and see how you can prune your consciousness for greater fruitfulness. Since this is The Year of Living Abundantly, it would make sense to decide to remove the ideas of lack which have attached themselves to your consciousness. Where are the areas in which you tend to experience lack or thoughts of lack? You could take this Lenten season as a special six week time to neutralize those thoughts and beliefs with statements of Truth and actions which support your new belief.

I recently came upon a powerful statement by Emmet Fox which helped me when I was beset with thoughts and feelings of lack, because of people around me expressing that: **“There is no lack in Divine Mind – all lack is but your failure to realize the Presence of God at that point.”**

This is a simple teaching but just what I needed to be reminded of: the Presence of God is the answer to every need.

In March Rev. Sharon will teach a class on Lessons in Truth. I would like to see everyone take this, especially those who have just started coming here in the last two years. Lessons in Truth will give you a good background and foundation on the Unity teaching. It would also be an excellent refresher for older students who can gauge their growth in consciousness by how they relate to this material now. More details can be found on page 6.

Our Annual Meeting will be Sunday, March 13 when we will vote for three new trustees. I urge all members to attend. If you are a Ministry Chairperson, you are requested to turn in your Ministry Report for the Annual Meeting by Feb. 13 to Paulie Gajewski, Board Secretary.

Since we are doing our newsletter so far ahead of events now, please go to our website and Sunday bulletins to get up to date information on our trustee nominees, classes and social events.

With thanks for your support and love,
Rev. Eleanor

Living Abundantly



February 2
Love For No Reason class
begins with Rev. Eleanor
Celentani

March 11
St. Patrick's Dinner

Upcoming Events
The Master and Essenes presenta-
tion TBA

March 2
Lessons in Truth class begins
with Rev. Sharon Peters

March 13
Annual Meeting

May 14 UniTea—Unity Tea

March 9
Ash Wednesday Meditation
Service



Photo by Mike Gacek



Living Abundantly in Prayer

February Affirmations

Inner Peace
I abide in the presence of infinite peace.

Guidance
I am conscious of divine direction and follow its guidance.

Healing
God is active in me now. I am whole and well.

Prosperity
I set my imagination free, and I prosper!

World Peace
The world awakens to peace—one person at a time.
Today I choose peace.

Thank you for joining in "Rochester Prays."

Communities of Focus—Week of

February 6—Town of Chili
February 13—Browncroft & Beechwood
February 20—Village of Churchurchville
February 27—Charlotte

March 6—Town of Clarkson
March 13—Corn Hill
March 20—East Rochester
March 27—Culver-Winton-Main

Prayer Ministry

CCU is happy to welcome 3 new participants to the Prayer Team this year: Sandra Weatherup, Loretta Callahan, & Juana Fernandez. Our team now has 17 members! We are very excited to see the growth of the group.

Our mission statement: Awakening to the Christ within ourselves through prayer, we affirm the Divine Identity in others so that they can see it in themselves and receive its blessings.

We assist in holding spiritual energy at services, maintaining daily prayer for those who call our Prayer line (or contact us via the website), and offer personal prayer time in the prayer room after Sunday service. We invite congregants both near and far to join us in the sacred space of prayer. All conversations and needs are held in confidence.

Prayer Team members are committed to your spiritual comfort and well being and look forward to a vibrant year in 2011.

The Prayer Line phone number is 585-473-0910 ext 4 or call Silent Unity at 1-800-669-7729

Barbara Boyce
Prayer Team Coordinator

Living Abundantly with Gratitude

We express our gratitude to the following people for their gifts of substance and service to Christ Church Unity:

- ◆ Those who helped with folding and mailing the December/January newsletter: Joan Yaeger, Peggy Harvey, Mike Gacek, Beverly Markham, Katherine DaCosta, Bernie Bowie, Jeanne Gagne, Rev. Eleanor;
 - ◆ Our Elves who helped decorate the church for Christmas: Barbara Boyce, Carol Baumeister, Carol Cafalone, Bron Dunning, Juana Fernandez, Mike Gacek, Marie Hedrick, Peela Hooke, Linda Waterman, Johnny Gacek;
 - ◆ Those who brought Christmas flowers: Jeanne Gagne, Peela Hooke, Bev Markham, Dick & Mary Jo TenEyck, Vicki Williams;
 - ◆ Everyone who helped with the Christmas reception: Bernie Bowie, Barbara Boyce, Johnnie Dawson, Larlene Fyles, Anita Gaiteri and all the other elves;
 - ◆ The Prosperity Ministry: Bev Bryant, Dave & Carol Cafalone, Dick TenEyck, David & Alicia Mercer, Beverly Otto, Sylvia Barker, Thomas Warfield, Jean Marie Bianco, Carol Baumeister;
 - ◆ Our choir voices: Bernie Bowie, Bron Dunning, Juana Fernandez, Marie Hedrick, Jerry & Sharon Peters, Dick TenEyck, Leslie Wright;
 - ◆ The helping hands that stepped up to serve coffee hours in October/November: Janet Collamer, Jeanne Gagne, Laura Sutton, Dick & Mary Jo TenEyck;
 - ◆ The Christmas Eve service readers: Bernie Bowie, Venise Cotrell, Dick & Mary Jo TenEyck, Linda Waterman, Johnnie Dawson, Barbara Boyce, Marna Rossi, Vicki Williams, Trish Woodward, Paula Fletcher, Scotty Ginett;
 - ◆ **All who helped in a variety of ways on January 2 & 8 for Al Hooke's memorial;**
 - ◆ Members who have begun serving in new ways on our ministries and committees since the Ministry Faire;
- All who support our spiritual community by their participation, prayer, service and ongoing financial giving—we are grateful.

Volunteer of the Month February

I would like to recognize Dave Cafalone as volunteer of the month.



It seems every time I turn around there is Dave doing something without being asked! It was at that moment I thought about all the quiet ways he just always seems to show up and help out.

He delivers items to housebound members (and even sets up and fixes TV's for them!), he delivered Christmas boxes on a very snowy weekend all the way out in Hilton, he sets up chairs whenever we have an event, he is on the committee of Sunday Counters and is always willing to pitch in even when **he is not scheduled, he directed traffic in the parking lot during Al Hooke's memorial service,** I could go on and on...he just quietly shows up and helps and disappears. He would be what I would call an angel. Thank you Dave! You have more than earned the frog.

March

Someone who has been nominated for Volunteer of the Month is a person who shows up with great enthusiasm for our CCU services and events, and goes out of her way to contribute extra effort for their success.

She is Chairperson of the Prayer Team, and our Leader on the church Facebook page. She is frequently researching more ways our church can get the Unity message out to the wider community. After Church dinners she can be seen in the kitchen helping with dishes; she helped set up tables and chairs for the Ministry Fair in November and created special signs for that. She contributed to Christmas decorating in the lobby, and helped with a recent memorial service at the church, finding seats for visitors in the sanctuary and escorting people to them. For World Day of Prayer she created a beautiful display for the sanctuary.

With gratitude for her generous and creative and energetic spirit, we lovingly acknowledge Barbara Boyce as Volunteer of the Month.

Divine Love richly provides everything now.

Living Abundantly through Leadership



Highlights from the Board

The board of trustees met on December 12, 2010 and January 11, 2011

December was a month of jubilation... The prosperity ministry packaged fifteen baskets of food with a toy for each child. These were delivered on December 12. A week before Christmas our members celebrated with an elegant finger food Reception. On Christmas Eve we had a special candle light service. On New Years Eve we had the Burning Bowl service. This was an opportunity to get rid of some behaviors you may not like about yourself and replace them with new positive actions.

Speaking of church services, in the event there is inclement weather there are several ways to find out if there will be church services. If there is a cancellation first there will be a message on our office phone by 8:00 am on Sunday mornings, or you can watch channel 13 or Channel 9 news to check cancellations. If an evening weekday class will be cancelled we will have a message on the church phone line.

On another note the Board has decided to terminate the 6:00 Sunday evening service because of light attendance. However there is a new Sunday service which starts at 9:15 am. So what this means is that you can go to both services and get twice as good or just choose the service you want and begin your other activities sooner.

If you would like to rent our building for classes or meetings we now have an updated building use form to fill out for approval. Our office administration has these forms on file.

Our next voting for bylaws meeting is January 30, 2011, right after the Sunday service. A Letter will be coming in the mail.

Please save the date for our Annual Membership Meeting which will take place on March 13, 2011. Some of you may have gotten a letter requesting a written report about your ministry. This needs to be returned by February 13 to add to the annual report. The Annual Meeting is an opportunity to vote in our new

Trustees as well as conduct other business.

Submitted by
Paulie Gajewski
Board Secretary

Welcome to the year of abundant living! —proclaims Unity's website at: <http://www.unity.org/abundantliving>. Like last year's focus on the 12 Powers, Unity is designating a different theme for living abundantly every month: January—*Live Your Dreams*; February—*Above All, Love*; March—*Get Healthy*, April—*Step Out in Faith*, May—*Change Gracefully*, June—*Behold Beauty Everywhere*, July—*Embrace Forgiveness*, August—*Open to God*, September—*Stay Centered*, October—*Let Go and Let God*, November—*Give Thanks*, December—*Rejoice*; in other words, something for everybody in the form of monthly tools to address a deep desire, fill a persistent need, release an obstacle, and empower oneself to live fully and radiantly now. Each month, articles in support of the monthly theme are posted on the website above; and each month, Christ Church Unity will celebrate the monthly theme in various ways as we move through the year.

As I write this, it is still January, and both Rev. Eleanor Celentani and Thomas Warfield have delivered stirring addresses on the theme of Living Your Dreams; and on January 9th, Scott Ginnett led us in hymn #234, *This is the Year, which begins, "Wonderful, wonderful, fortunate you; This is the year that your dreams some true!"* (this inspiring poem by Russell Kemp appears in its entirety on the Unity website).

But this is the February/March newsletter, so I must focus on the next two themes of *Above All, Love* and *Get Healthy*. Since **Unity's tools for February and March are not yet available, I guess I'll have to rely** on my life experience and my understanding as a Truth student to explore these themes. I confess to a bit of trepidation, being a little out of my element, but here goes.

Above All, Love

Writing in *The Power** (sequel to *The Secret*), Rhonda Byrne identifies Love as the Master Power that attracts all things, conquers all obstacles, sweetens any aspect of life, and creates harmony among all it touches. Her advice is to focus only on what we love and simply turn away from what we don't love—advice clearly reflecting Unity's 3rd principle that we create what we think about, or "thoughts held in mind produce after their kind." So to focus on the lovable—that which we can praise and be grateful for—is to bring the lovable into our lives. This is good advice for me, as I have a tendency to dwell on problems. Recently, I had a spate of automotive issues, and as long as I worried over them and what they would cost, I was despondent; but as I changed my focus to how I loved my little car and the freedom it gave me, help came in unexpected ways, and repairs cost less than forecast. (Of course, I had a little boost of support from the Prayer Team and my friends at CCU.) **An affirmation I've known for years but only recently began to use is:**

*I focus on what I love and thus draw it to me.***

For those who would delve deeply into the metaphysical aspects of Divine Love, I recommend the work of Catherine Ponder, especially *The Prospering Power of Love****, and her chapter on love in *The Healing Secrets of the Ages*****.

Get Healthy

Aargh. Wouldn't you know I'd get the newsletter assignment for the month **I'd have to write about one of my biggest** challenges? Doing what I know is best for my health is a struggle for me—first, to **overcome a sort of "natural" laziness; and then, to persist in whatever regimen I've** chosen. Even though I strongly believe that health programs, such as diet and exercise, should be tailored to the individual, **I still have a hard time following what's** best for me—which happens to be lots of green vegetables and water, and plenty of movement—walking up and down stairs, strolling a few city blocks at noontime, just standing and stretching, and breathing (continued on page 11)

“I fairly sizzle with zeal and enthusiasm, and spring forth with a mighty faith to do the things that ought to be done by me.” Charles Fillmore

Awakening into Living Abundantly

Sharon Sharing

Well, Happy New Year to one and all! Have you cleared all the Christmas bling out of your house? Is your tree down? (oops!) It seems we have a wonderful winter hiatus from all the hoopla and festivities right now. What to do, what to do? Well, my friends, now is a good time to go inward.

I was reading Ephesians last week for my lesson. It's a beautifully written piece of literature from Paul. As you know, Paul went through many changes during his lifetime and we can see his growth from his writings. In this particular piece, (Ephesians 1: 1-14), what struck me was **the line, "In love he predestined us to be adopted as his sons through Jesus Christ in accordance with his pleasure and will..."** Now, we all know that we're children of God. I believe that what Paul was referring to is that God adopted us to give us His/Her identity. Where would we be without God? Are we willing to accept the gifts that God has given us? We are all chosen. Chosen by God. It is our responsibility, therefore, to live a life accordingly. We can be who we were meant to be...loving, **peaceful, joyful, free. It's all beautiful and it's all ours to claim.**

So let's take this winter to really reach within and truly relish our identity as children of God!

And if you're so inclined, come to the church at 9:15 and enjoy the morning service! We won't hold it against you if you double dip and then go to Rev. Eleanor's service at 11. What a wonderful opportunity to grow in spirit! Much love, Rev. Sharon

The Year of Living Abundantly
A New Class in March on a
Unity Classic

We are offering a wonderful learning experience at Christ Church Unity in March. Come join Rev. Sharon as she leads us through the enlightening book, Lessons In Truth by Emily Cady. This book unlocks some of the mystery behind New Thought and Metaphysics, opening our minds to possibilities and spiritual growth. The class will run for 5 weeks on Wednesday mornings from 11:00-12:30, beginning March 2. Please sign up by either calling the office or on the sign up sheet which will be put out on the counter at the church. The class will be given on a love offering basis. Join us!

p.s. by Rev. Eleanor: This book has continuously been in print for over 100 years, and was the first book chosen by the Fillmores to be used by Unity students in membership class. I myself was required to take a class on Lessons in Truth before I became a member here in the early 1980s. Not surprisingly, the author, Dr. Emily Cady, was taught by Emma Curtis Hopkins as were the Fillmores. At national Unity meetings I have heard Unity ministers state that they teach this book in their churches. I recommend this for all who want to understand what Unity is really about. Classes are also a great way to get to know people better and make new friends!



Teen Friendship Group
The next meeting of the Teen Friendship Group will be Sunday, February 27, at 11 AM in the Sunday School room. They are accepting new members. Please contact Leslie Wright for more information.



Inclement Weather Closing
If Christ Church Unity finds it necessary to cancel Sunday activities due to inclement weather, the announcement will be made on YNN, Cable, Channel 9, 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, and 107.3 WHTK-FM. It will also be posted on the church phone line 473-0910 after 8 AM. Weeknight cancellations will be announced by 5 PM on the church voice mail and in the media if possible.

Don't forget you can support CCU 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 CCU.

Awakening into Living Abundantly

February ~ March Birthdays

Rev. Vernice Warfield	February 2	Dale Ralph	March 14
Catherine Smith	February 3	Norman Dinolfo	March 15
Audrey Lammel	February 10	Jeanne Gagne	March 16
C. Walter Ries	February 10	Marilyn Hampton	March 16
Helen Lutz	February 16	Karen Nelson	March 16
Clint Koenig	February 20	Dwight Burnham	March 17
Barbara Boyce	February 25	Marie Hedrick	March 23
<hr/>		Om Greg Howard	March 23
David Mercer	March 3	Jackie McCullough	March 24
Harriet Cottrell	March 6	Joanie Trahan	March 25
Paula Bramwell	March 8	Emily Carpenter	March 26
Leslie Wright	March 9	Carl Conde	March 26
Sue Giannavola	March 10	Amy Toric	March 27
P.J. Trahan	March 10	Rev. Eleanor Celentani	March 30
Carol Britton	March 13	Carole Frank	March 30
David Mryglod	March 13		
Brenda Long	March 14		
Wendy Low	March 14		

*Happy Birthday to you...
God is blessing you now!
Live Abundantly!*



On-Going Events

The Drumming Circle meets the last Saturday of the month, 1-3 PM. Love offering.

The **"There is Only God"** study group meets every Saturday from 10 AM—Noon. The next study group is February 5, 2011.

The Dr. David Hawkins Study Group meets alternate Mondays 6:30-8:30 PM. Next meeting is February 14, 2011.

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



Dial-a Prayer

Our Dial-a-Prayer message is updated weekly by Rev. Sharon Peters. The number to call is 585-865-8683, extension 7729 (PRAY).

Thank you for keeping our Sunday services fragrance free.



Women's Wisdom



Our Women's Wisdom Circle is a welcoming safe circle of women where you are lovingly valued no matter how you feel or what you do. We all feel better when we fill the need to nourish ourselves through each other as friendship is soul food. Our circle provides us the opportunity to get to know each other on a deeper level. All women are welcome.

We meet the second Saturday of each month. There is no required attendance, we attend when we can. We take turns hosting each other in our homes. The hostess decides on the topic of conversation and provides light refreshments (optional).

Meeting information is sent out via email. If you would like to be included on the distribution list, please contact Jeanne Gagne in the church office. Meeting information can also be found in the Women of Wisdom folder on the display table at church.
Blessings,
Jeanne Gagne

Join Us on Facebook
We have a Facebook page! For anyone who participates in online social networking, you can share on our CCU Rochester NY Facebook page at this link:
<http://www.facebook.com/group.php?gid=100058125021>



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

Submission Deadline
For April/May
Newsletter

March 21, 2011

Assembly Date
March 28, 2011

February 2011

Above all, clothe yourselves with love, which binds everything together in perfect harmony.




~ Colossians 3:14

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 7:30 AM OA 7 PM ACIM	2 6:30 PM Love For No Reason	3 7:30 AM OA	4 7:30 AM OA	5 10 AM TIOG
6 9:15 Sunday Service 11 AM Sunday Service	7 7:30 AM OA	8 7:30 AM OA 7 PM ACIM	9 6:30 PM Love For No Reason	10 7:30 AM OA	11 7:30 AM OA	12 10 AM TIOG
13 9:15 Sunday Service 11 AM Sunday Service	14 <i>Valentine's Day</i> 7:30 AM OA 	15 7:30 AM OA 7 PM ACIM	16 6:30 PM Love For No Reason	17 7:30 AM OA	18 7:30 AM OA	19 10 AM TIOG
20 9:15 Sunday Service 11 AM Sunday Service	21 <i>President's Day</i> 7:30 AM OA 	22 7:30 AM OA 7 PM ACIM	23 6:30 PM Love For No Reason	24 7:30 AM OA	25 7:30 AM OA	26 10 AM TIOG 1 PM Drum Joy
27 9:15 Sunday Service 11 AM Sunday Service 11 AM Teen Friendship	28 7:30 AM OA 6:30 David Hawkins					

March 2011

Your body is a temple of the Holy Spirit within you, which you have from God.

1Corinthians 6:19

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 7:30 AM OA 7 PM ACIM	2 11AM Lessons in Truth 6:30 PM Love For No Reason	3 7:30 AM OA	4 7:30 AM OA	5 10 AM TIOG
6 9:15 Sunday Service 11 AM Sunday Service	7 7:30 AM OA	8 7:30 AM OA 7 PM ACIM	9 Ash Wednesday 11 AM Lessons in Truth 7 PM Evening Medita-	10 7:30 AM OA	11 7:30 AM OA 6:30 PM St. Pat's Dinner	12 10 AM TIOG
13 9:15 Sunday Service 11 AM Sunday Service Annual Meeting Daylight Saving Begins	14 7:30 AM OA 6:30 PM David Hawkins	15 7:30 AM OA 7 PM ACIM	16 11 AM Lessons in Truth Class by Rev. Eleanor TBA	17 St. Patrick's Day 7:30 AM OA 	18 7:30 AM OA	19 10 AM TIOG
20 First Day of Spring 9:15 Sunday Service 11 AM Sunday Service 	21 7:30 AM OA	22 7:30 AM OA 7 PM ACIM	23 11 AM Lessons in Truth Class by Rev. Eleanor TBA	24 7:30 AM OA	25 7:30 AM OA	26 10 AM TIOG 1 PM Drum Joy
27 9:15 Sunday Service 11 AM Sunday Service 11 AM Teen Friendship	28 7:30 AM OA 6:30 PM David Hawkins	29 7:30 AM OA 7 PM ACIM	30 11 AM Lessons in Truth	31 7:30 AM OA		

Awakening into Living Abundantly

The Year of Living Abundantly
Love for No Reason
Class with Rev. Eleanor

To support you in making a breakthrough in Living Abundantly this year, Rev. Eleanor will offer a special class which explores how we can increase our self-love, the bedrock of necessity to increase our health, prosperity and any other good thing. Our self love is the magnet which attracts our good to us. In this class we will explore ways to turn up the magnetism by giving more unconditional love to ourselves. This also reflects the theme for February which Unity Institute has set, Above All, Love.

Jesus taught, "Love your neighbor as yourself." This class will explore how.

This class on Self-Love will meet on Wednesday evenings from 6:30 p.m. to 8:00 p.m., from Feb. 2 to March 2. The class will reference the new book, *Love For No Reason* by Marci Shimoff, acclaimed bestselling author. The book will be available in the bookstore. Please sign up at the church or contact the church office to register. Class is given on a love offering basis. The suggested love offering is five to ten dollars per class. Please see our website or the church bulletin for the most up to date course information.

News from the Chaplaincy

A gentle reminder that the chaplains are here to serve. Anyone wishing a visitation, please call the church office 585-473-0910, to set up a visit.

Our Mission Statement is: to bring the energy of prayer to our congregation beyond our Sunday services through visitations and/or phone calls.

The following Daily Word was written by Barbara Boyce for the Chaplaincy meeting on January 15, 2011.

Light

Divine Light is the warmth and wisdom that surrounds us now. With eyes wide open or fast asleep, the Light penetrates our soul and fills the Spirit. Each new day begins with a glorious sunrise. Ours is not to wonder where the sun is. Ours is to simply absorb the energy like the flowers of the earth. Nourish in it. Feel the peace and wisdom that saturates our depth. God, in Being, begins our day and remains as truth even when we think we see the opposite of light. The all intelligent Mind is the wisdom. Let our guiding Light be reflected out to all to see it and feel its warmth.

Corinthians 4:6 "For it is the God who said, "Let light shine out of darkness," who has shown in our hearts to give the light of the knowledge of the glory of God in the face of Christ."



St. Patrick's Day Dinner

Calling all Irish and Irish at heart—CCU's St. Patrick's dinner will be Friday, March 11 at 6:30 PM. Cost is \$15 for adults; \$6 children up to 12 years old; a vegetarian meal option is available. Tickets are on sale Sundays before and after service. Deadline for reservations is Sunday, March 6.

Leprechauns needed to help with set up, take down and clean up before and after the dinner. A sign up sheet will be on the front counter.



Troop Project Begins

Spring is the time we remember our troops overseas by sending them gift boxes. This activity, organized by the Prosperity Projects Committee, begins in February when requests are made for names of armed forces members who are stationed overseas.

Please fill out the form on the front counter and place it in the striped box. Names are needed in order to determine how many boxes will be packed. In March and early April items will be gathered and monetary gifts for postage will be accepted. Please listen for announcements in church and read items in the Sunday bulletin to be aware of deadlines for this project.

Last year we provided a mini-mountain of gift boxes, and the letters we received from grateful service men and service women was proof of the need to reach out in this way. As usual, please be generous in any way you find helpful. If you have questions, please contact Dick TenEyck.

*There is joy in the universe
because I exist.*

Our Vision Statement
Humanity awakens and transforms into its Divine Identity.
Christ Church Unity is a focal point of service to this vision.

Our Mission Statement:
Christ Church Unity
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.

Continued from page 5

Get Healthy

...deeply in and out several times per day. So what stops me? —Again, I got a little help from my Church family. When I told Jane Faust that I was writing an article covering both love and health, she suggested the following affirmation:

As I love myself, I embrace a healthy consciousness and lifestyle.

It was an eye-opener. It empowered me to see that my periods of *unhealthy* behavior coincided pretty consistently with my periods of low self-image and of feeling less than equal to the situation at hand. As I focus on self-care, and know myself as *deserving* of health and vitality, I improve my attitude toward the steps that keep me flexible and strong. Thank you, Jane, for your inspiration!

For wonderful statements of health, wholeness, and prosperity, I recommend Charles Fillmore's affirmations at the beginning of every chapter in *Teach Us to Pray*, beginning with the chapter on "Unfoldment." A powerful thought to begin one's day is:

*I see myself as God sees me, perfect in mind and body.******

This is the Year of Abundant Living. Demonstrating and speaking positively about abundance and prosperity is something we generally do well at Christ Church Unity. This is a strength that we can build on to heighten our abundance consciousness, create our most cherished dreams, and to promote and facilitate abundant lives for ourselves and others. I submit that if we merely pay attention to the opportunities that surround us, we will know joy and growth in this year of living abundantly.

Catherine Smith, Trustee and Prayer Team member

*Rhonda Byrne, *The Power*, NY: Atria Books, 2010.

**S. Roman and D. Packer, *Creating Money, Keys to Abundance*, California: H J Kramer Inc 1988.

***Catherine Ponder, *The Prospering Power of Love*, California: DeVorss and Company, 1966.

****Catherine Ponder, *The Healing Secrets of the Ages*, California: DeVorss and Company, 1967.

*****Charles and Cora Fillmore, *Teach Us to Pray*, Unity Village, MO: Unity House, 1941.
(All books available through the CCU bookstore)

Coming Soon: *Step Out in Faith (April)* and *Change Gracefully (May)*

I can't wait to see what miracles of consciousness God will bring out of these two focus areas!

Our Board of Trustees
Mary Jo TenEyck, President
Jackie McCullough, Vice President
Paula Fletcher, Treasurer
Paulie Gajewski, Secretary
Catherine Smith, Trustee
Vicki Williams, Trustee

Rev. Eleanor Celentani, Minister
Office 585-473-0145
Rev. Sharon Peters, Assistant Minister

Our Staff
Jane Faust, Accompanist
Jeanne Gagne, Admin. Asst.
Anita Gaiteri, Hostess
Scott Ginett, Song Leader
Marna Rossi, Youth Ed. Dir.
Thomas Warfield, Soloist

Our Ministry Team Coordinators
Audio – Bob Gajewski
Beautification—Mary Jo TenEyck
Bookstore – Paulie Gajewski
Building Director—Bob Gajewski
Bylaws— Bob Gajewski
Chaplaincy—Jane Faust
Circulation Day – Paulie Gajewski
Counters—Paula Fletcher
Directory—Marie Hedrick
Earthkeepers
Financial Prosperity - Leslie Wright
Greeters – Jackie McCullough
Librarian - Sylvia Barker
Marketing - Paula Bramwell
Newsletter - Bernie Bowie
Nominating Comm. - Paula Bramwell
Photographer – Mike Gacek
Platform Assistants – Donna Ries
Prayer – Barbara Boyce
Prosperity Projects - Carol Cafalone
Publicity - Paula Fletcher
Purchasing Agent—Bernie Bowie
Remembrance - Marilyn Hampton
Sign Ministry - Mike Gacek
Social – Anita Gaiteri
Ushers – Marie Hedrick
Website update—Jackie McCullough





Christ Church Unity
55 Prince Street
Rochester, NY 14607-1025

NON-PROFIT
ORG
US POSTAGE
PAID
ROCHESTER, NY
PERMIT 1636

Phone: 585-473-0910
Fax: 585-271-1297
Email: unityroc@frontiernet.net
Website: www.unityrochester.org

ADDRESS SERVICE REQUESTED

Dial – A – Prayer 865-8683 Ext. PRAY (7729)
Two—minute recorded prayer message

If you no longer wish to receive this
newsletter, please check this box and return this
sheet to us. Sent with love to:



Join us on facebook at: <http://www.facebook.com/group.php?>

March

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
		1 I AM healthy in mind, body and soul!	2 I exercise my consciousness daily by meditating and spending time in the silence.	3 I AM prosperous with great health!	4 Be ye be perfect as you Father in Heaven is perfect.	5 I cleanse all thoughts of self-condemnation and I see my true self - Perfect in every way.
6 "Every little cell in my body is happy! Every little cell in my body is well!"	7 I choose an exercise I love to do and by doing it I love my body!	8 My true nature is wholeness... I AM Whole!	9 "In beauty may I walk, All day long, may I walk" <i>Navajo</i>	10 I listen to my heart and I choose healthy foods to eat.	11 I fill myself with a conscious breath and I Am at peace.	12 I AM radiant substance and I manifest good health!
13 I let go of all thoughts of lack and relax into the Truth of Abundance.	14 I call forth the perfect Christ that is within me and realize I AM Healthy.	15 "Through Jesus Christ, vitalizing energy floods my whole being and I am healed." <small>Revealing Word</small>	16 There isn't anything to heal there is just perfection to realize.	17 "Oneness with Christ mind assures perfect health" <small>Revealing Word</small>	18 When my mind is filled with Truth every aspect of my life is healthy.	19 I put <i>Love</i> first and I have healthy relationships.
20 "For power came forth from him, and healed them all": (Luke 6:19)	21 I call on Philip-Power... I call forth healing through the Word. I AM WHOLE!	22 I don't judge by appearances...My <i>Faith</i> has made me whole!	23 Through <i>Spiritual Understanding</i> I stand on the truth that good health is my nature.	24 I in-vision radiant health and I use my <i>imagination</i> to see it transpire.	25 I <i>renounce</i> race consciousness beliefs in dis-eases. I affirm Truth that my Divinity assures health.	16 It is the <i>Will</i> of my "I AM" to manifest wholeness in my <i>LIFE</i> . So I DO!
27 I AM supported by Inner <i>Strength</i> as I transform myself by eating spiritual + healthy earthly food.	28 I give thanks that time expands to allow exercise to be part of my day!	29 I AM <i>zealous</i> in my new activities that allow me to manifest Wholeness.	30 I thirst for righteousness and as I drink in the word of God my thirst is quenched.	31 My Cup over-flows with abundant health!		
" Cay Tomerlin 2011						

2011