

# Unity Church of Greater Rochester

## A Positive Path for Spiritual Living



February/March 2016

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 God Power"*

*"For God gave us a spirit not of fear but of power and love..."*  
(II Timothy 1:7)

Dear Fellow Truth Students,

Happy Winter Wonderland!!! The snow is falling as I write this. Now I have a new appreciation for lake effect snow. This morning it was a delight watching Bear, my golden retriever, hop and bounce through the snow like a puppy. The accumulation of the snow increases my belief that Rochester is an abundant community.

This February, we "leap" forward as we are gifted with 29 days this month. For a moment, let's contemplate the areas in our lives where our faith is bounding forward in goodness and give thanks. Throughout this year we will look at the twelve powers of man as defined by Charles Fillmore, co-founder of the Unity movement. **February is the month of love and March brings us strength** with an early Easter celebration. Once again, we have an opportunity to rise even higher in our Christ consciousness. We remain open and receptive to this goodness pouring forth into our everyday life.

We are off to a great start for the New Year. We began our year embracing the abundant flow of the Divine. Our 4T Prosperity class began in January and teaches simple, tried and true Truth Principles. **4T stands for tithing of our time, talents and treasures.** This class changes people's lives; I know, as it was the very first Unity class that I attended some 14 years ago. My life began to change drastically for the better when I embraced the Principles taught in 4T and applied them to my life.

Our Unity Prayer class begins Wednesday, February 4. Say "yes" to becoming a "power pray-er" and be a part of the ever rising prayer consciousness of this church. Join us as we delve deeper into the power of affirmative prayer which is the core practice of the Unity movement. Myrtle Fillmore was healed through her daily practice of prayer and meditation, which eventually led to the creation of Silent Unity, Unity's 24 hour-a-day prayer line. Silent Unity has been praying with individuals for over 125 years and continues today. You can call 1-800-Now-Pray and hear the prayer associates pray powerful, affirming prayers that resonate deep within your being.

"In the Know" Meetings will begin this month. Once a quarter, on the first Sunday, there will be an informational gathering. We will share our ideas and plans and join together to create the church of our imaginations. These meetings will be modeled after a town hall meeting format.

**A special thank you** to all who attended and gave loving service during many services over the Christmas season. You honored us with your Presence.

Namaste! Truly Honoring and Beholding the Christ You Are!  
Reverend Ann



# Discover by Sharing

## Board of Trustees

Larlene Fyles, President  
June Fisher, Vice President  
Marilyn Hampton, Treasurer  
Mary Ann Ruganis, Secretary  
Vada Good, Trustee  
Helen Lutz, Trustee

**Senior Minister**, Rev. Ann Frances

## Staff

Administrative Assistant

## Support Positions

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

## Ministries Leadership

Audio – Bernie Bowie  
Beautification/Earthkeepers Chair -  
Bookstore – Joan Miller  
Bylaws – Mary Ann Ruganis  
Circulation Day - Katherine DaCosta  
Counters - Marilyn Hampton  
Directory - Marie Hedrick  
Flowers - Joan Yaeger  
Financial Prosperity - Larlene Fyles  
Greeters – Jackie McCullough  
Hospitality -  
Librarian - Carol Baumeister  
Newsletter - Bernie Bowie  
Nominating Comm. - Stan Marshall  
Photographer - Mike Gacek  
Platform Assistants – Donna Ries  
Prayer Chaplain - Katherine DaCosta  
Prayer Team – Jean Marie Bianco  
Publicity -  
Purchasing Agent - Bernie Bowie  
Remembrance - Marilyn Hampton  
Search Committee - Kathy Anderson  
Social Outreach -  
Spiritual Healing - Donna Ries  
& Vicki Williams, Co-Facilitators  
Sign Ministry - Mike Gacek  
Social Media - Barbara Boyce  
Ushers - Lisa White  
Welcoming -  
Women of Wisdom - Jeanne Gagnè

## February Affirmations

### Inner Peace

The breath of Spirit flows through me.

### Guidance

I listen to my inner guidance.

### Healing

I am created from a divine pattern of perfect  
life and wholeness.

### Prosperity

God is my source of infinite abundance.

### World Peace

Through eyes of love, I see all people living in peace.

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

**Silent Unity's number is 1-800-669-7729 or go to**  
[www.silentunity.org](http://www.silentunity.org)

We are invited to take part in a **county-wide prayer project** involving many denominations of churches. Please join us in **holding in Light the following places** during these weeks. Rochester City neighborhoods alternate with other towns.

February 7—Town of Chili  
February 14—Browncroft & Beechwood  
February 21—Village of Churchville  
February 28—Charlotte

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

## Inclement Weather



For information on Service cancellations 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.

# Discover ~ Every Day



- |  |   |
|--|---|
| <b>February 4</b><br>Unity Prayer Class                                      | <b>March 6</b><br>Community Lunch                     |
| <b>February 7</b><br>Community Lunch<br>In The Know Information<br>Gathering | <b>March 20</b><br>Communion Sunday<br>Annual Meeting |
| <b>February 21</b><br>Sacred Healing   | <b>March 25</b><br>Good Friday Service                |
|  | <b>March 27</b><br>Easter Sunday                      |

## Quarterly "In The Know" Congregational Gathering

**Sunday, February 7** 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.

## Join Us

### SAVE THE DATE!!! Annual Membership Meeting March 20, 2016

The Board has set Sunday, March 20<sup>th</sup> for our annual meeting for 2016. The agenda will include a review of church financial status and 2016 Budget. There will also be an opportunity for renewing members to elect new Board and Nominating Committee members. While our bylaws limit voting to members only, accommodations will be made for everyone to participate in the meeting regardless of membership status. The meeting will be held after services.  
Looking forward to see you there!

### Annual Membership Renewal

It is time again for our annual membership renewal process! We are grateful for our membership and the renewal process helps us to meet the needs and desires of our congregation in a greater way – one of the most important is communication which requires us to have current contact information on file for all of our members.

This year we are planning to make it easier for our members to indicate their desire to renew their membership. We will be giving members an opportunity to get, sign and return the renewal form at church rather than only through a post office mailing. We are also investigating adding an option that would allow members to renew their membership via our website. The details of this new process are being finalized as we go to press for this newsletter so look for more detailed information to be provided soon!

*We love You, We bless You and We so deeply appreciate You -- and as always we behold the Christ You Are.*



### GOOD FRIDAY Friday, March 25, 6:30 PM

*Lay it down on the Altar of Love*

Join us in this sacred service as we release our Burdens or "crosses" we carry and allow for the Magnifying of our Christ essence on Easter morning!



### EASTER SUNDAY March 27, 10 AM

Celebrate the Risen Christ  
Join us in our Easter resurrection  
Embracing our Christ Light  
Glowing in this Life Experience  
All are Welcome!

# Discover



## Board Highlights

It's been an incredibly busy holiday season with ups and downs for your board. We joyfully joined with Reverend Ann and the congregation to celebrate Christmas and welcome in the New Year at some very special social gatherings and services. On the flip side, we struggled to work through our very human responses to the relatively sudden and untimely loss of a dearly beloved member of our staff, Jean E Gagne. We ended up having four special Board meetings in November to deal with the implications related to keeping the church office running without her loving hands at the helm during her illness and after her transition. Her physical presence in our community has been and will continue to be truly missed -- and we affirm that she will forever be with us spiritually.

Here are some of the many items that the Board addressed and were involved in this eventful holiday season:

- You might have noticed that things are brighter in some parts of the church... this is the result of the Board making arrangements to take advantage of an RGE lighting grant of \$8,000 which covered 70% of the cost to replace old lighting. Updating our lights will significantly reduce our costs. There was no cost to the church as generous member donations were pledged to cover the 30% of the costs not included and required by the grant.
- Celebrated the fact at the \$5000 capital campaign challenge was met with generous donation.
- Approved spending \$175.78 to repair an existing vacuum and to purchase a refurbished unit.
- Agreed to postpone the annual membership renewal until January.
- Authorized \$282.91 to pay for the materials and labor to install "Parking by Permit Only" signs for the Erion Crescent side of the parking lot.
- Approved \$418.00 to purchase new winter walk off mats for inside and outside entry way.

- Authorized a \$25 increase in our annual insurance costs to change the bond limitation from \$10,000 to \$20,000 for Board members, volunteers and staff.
- Approved small Christmas bonuses for Church staff and contractors.
- Signed a snow plowing contract with a new service provider which the Board expects will ensure our parking lot will be cleared whenever we experience storms this winter.
- Worked with our lawyer to update the Hold Harmless agreement.
- Agreed to use the funds received in Jeanne's memory to go to the door until the door expenses (including the loan) are paid.
- Reviewed the status of church credit cards related to authorized individuals and usage. Arrangements are being made to convert the main church credit card to a corporate account status which will make it easier to make changes going forward.
- Authorized Reverend Ann to make purchases for church supplies and services up to \$1000.00 without prior Board approval.
- Worked to create a budget for 2016.
- Continued to review and refine the way that church finances are handled to ensure that Unity's recommended Financial Best Practices are being followed. Among changes that are being implemented is making arrangements for our bank to decline to cash any check that has only one signature.
- Attended a Board training session in Syracuse with Reverend Ann that was led by Reverend Pat Bessey. This session was open to all church leaders.
- Agreed to sponsor an Outreach gift for the Open Door mission for the Christmas season. The board approved a \$250 gift from the church as part of this effort.
- Converted Venise Cottrell's employment status from Independent Contractor to employee to reflect the changes in her contributions to the running of the office. The Board is very appreciative of Venise's willingness to step in and help Reverend Ann and the Board with the business of the church.
- Reviewed the policies and procedures for vetting volunteers applying to assist with the Youth Education program. I agreed to process the required background checks until such time there is stability in the office staff.
- Reviewed and discussed the status of hospitality/kitchen activities -- while there has been a lot of good work done during the holidays for special events there are some questions whether we have people, processes and environment in place that will enable normal Sunday social time to continue. This will be an item that will be given high priority in the coming months.
- Agreed to hold a quarterly "In the Know" meeting after service on the 1st Sunday of a month in the quarter. This will start in February and will be a good way for the congregation and leadership to share information and thoughts about our community.

Whew -- this was only the highlights of Board specific items...there were a lot of other things that occurred within the church during the last few months. After reviewing all of the material I had in preparing the list above I have to say how very impressed and appreciative I am of all the hard work done by Reverend Ann, the Board, staff and volunteers. I continue to be blessed to be a part of this community. I look forward to the coming year...I know great things are in store for all of us!

In Love and Service,  
Mary Ann Ruganis  
Board Secretary

# Discover through Leadership



## Social Committee

The Social Committee is coming together over the kitchen. Our kitchen is at the heart of our building and dear to all of our hearts in both a physical and an emotional way. We have many opportunities to serve the church community and each other by participating in activities involving the kitchen.

We bless and thank all those who have generously given of their time and talent in the kitchen - preparing food, serving and cleaning up for coffee hour, community luncheons, special events and on and on. We also bless and thank those who have devoted time to cleaning and organizing. We Love you, we bless you, and we do truly appreciate you.

Now it is time for a focused effort to get more organized. Here are some of our needs:

- A chairperson for the Social Committee
- Folks to sign up to bring refreshments and set up for weekly coffee hour and monthly Community Luncheon
- Folks to sign up to make coffee and set up for weekly coffee hour and monthly Community Luncheon
- Folks to sign up to help these two folks clean up after coffee hour and Community Luncheon
- A kitchen renovation committee to make recommendations to the Board about immediate and long-term goals for the kitchen.

Please prayerfully consider participating. See the sign-up sheet for coffee hour on the table in the lobby. To discuss the Social Committee Chairperson opportunity, or the kitchen renovation committee call Helen Lutz or the church office.

## Affirm Life

**Deny anything unlike Love. Come apart awhile...and pray the Unity way**



A Five week **Prayer Class** begins Thursday February 4, 2016 from 6:30 - 8:30 PM and ends March 3. The class will reinforce personal prayer practice, make our prayer team stronger and is a requirement for all those planning to become a Unity prayer chaplain.

Rev. Ann and Katherine DaCosta are co-facilitating. SEE credits are available.

How to Pray Without Talking to God by Linda Martella-Whitsett is the required text.

Love offerings accepted.

## Coming in April

*Discover the Power Within You*  
Join in and discover the book that changed Oprah's life



## Noon Meditation

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



## Choir of the Divine

Choir has been a part of my life since before I was a teenager. It may be hard to believe but, I was once a VERY shy person. My choir experiences have allowed me to explore my own voice and music in the safety of numbers. And, it's been a great opportunity for me to join my voice and my heart with others.

I am deeply honored to be directing this choir, yes, to be a part of something greater than myself. But, for me it is about being of service to our growing community. I experience music as nourishment for the soul, and I eagerly want to share that banquet with our community as well as visitors.

As an act of humble service, I will also be providing separate group voice lessons to each section: soprano, alto, tenor, and bass for those who may be interested. We can always improve our instrument, which allows us to enjoy ourselves even more, have more fun. And, it empowers us in providing an uplifting and meaningful experience to our loving community.

Our first rehearsal in preparation for the Sunday, February 28th choir service will be on Sunday, January 31, directly after the service. We will begin by gently warming up our voices and aligning our Spirits with all that is good so that we may become an instrument of our Source. As we each become an instrument, we together may aspire to transform into the Choir of the Divine.

Let's Make a Joyful noise!

In kindness and with Love

-Bruce

*We now unfold into the Divine Plan; Christ is our transforming Power.*

# February 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 Groundhog Day	3 6:30 PM 4 T's Class	4 6:30 PM Unity Prayer Class	5	6 10 AM 4 T's Class 10 AM TIOG
7 10 AM Sunday Service Community Lunch In The Know Gathering	8	9	10 Ash Wednesday 6:30 PM 4 T's Class	11 6:30 PM Unity Prayer Class	12	13 10 AM 4 T's Class 10 AM TIOG
14 Valentine's Day 10 AM Sunday Service	15 President's Day	16	17 St. Patrick's Day 6:30 PM 4 T's Class	18 6:30 PM Unity Prayer Class	19	20 10 AM 4 T's Class 10 AM TIOG
21 10 AM Sunday Service Sacred Healing	22	23	24 6:30 PM 4 T's Class	25 6:30 PM Unity Prayer Class	26	27 10 AM 4 T's Class 10 AM TIOG
28 10 AM Sunday Service Hospitality Mtg	29					

# March 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 6:30 PM 4 T's Class	3 6:30 PM Unity Prayer Class	4	5 10 AM 4 T's Class 10 AM TIOG
6 10 AM Sunday Service Community Lunch	7	8	9 6:30 PM 4 T's Class	10	11	12 10 AM 4 T's Class 10 AM TIOG
13 Daylight Saving Time begins 10 AM Sunday Service	14	15	16 6:30 PM 4 T's Class	17 St. Patrick's Day	18	19 10 AM 4 T's Class 10 AM TIOG
20 Palm Sunday 10 AM Sunday Service Annual Mtg	21 Newsletter Article Due	22	23 6:30 PM 4 T's Class	24	25 Good Friday 6:30 Good Friday Service	26 10 AM 4 T's Class 10 AM TIOG
27 Easter 10 AM Sunday Service	28	29	30 6:30 PM 4 T's Class	31 Newsletter Assembly		

# Discover Relationships

## February ~ March Birthdays

Rev. Vernice Warfield February 2  
 Catherine Smith February 3  
 Chris Smith February 5  
 Walter Ries February 10  
 Audrey Lammel February 10  
 Bruce McLellan February 15  
 Helen Lutz February 16  
 Elizabeth Santa Maria February 18  
 Vada Good February 24  
 Barbara Boyce February 25

Jodi Dengal March 1  
 David Mercer March 3  
 Harriet Cottrell March 6  
 Leslie Wright March 9  
 Perlis (PJ) Trahan March 10

Sue Giannavola March 10  
 Edith Ortiz March 10  
 Nancy Donals March 10  
 Lori Goldsmith March 13  
 Sam Akin March 14  
 Wendy Low March 14  
 Norman Dinolfo March 15  
 Marilyn Hampton March 16  
 Karen Nelson March 16  
 Dwight Brunham March 17  
 Kara Waugh March 19  
 Marie Hedrick March 23  
 Om Greg Howard March 23  
 Jackie McCullough March 24  
 Joanie Trahan March 25  
 Carl Conde March 26  
 Emily Carpenter March 26

Rev. Eleanor Celentani March 30  
 Carole Frank March 30

*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 February 6, 2016. <http://thereisonlygod.com>.

### 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.

### REMINDER

To receive the newsletter or event flyer or both by email, go to our website, [www.unityrochester.org](http://www.unityrochester.org), and click on *Get Unity Updates*.



### Online Donations

We are grateful that our church can receive donations online. Go to any page on our website [www.unityrochester.org](http://www.unityrochester.org) and click on the purple button. Thank you.

### 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.



Thank you for keeping our Sunday services fragrance free.



Don't forget you can support UCGR every time you search the internet or shop online with [www.GoodSearch.com](http://www.GoodSearch.com) or [www.GoodShop.com](http://www.GoodShop.com)

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

### Submission Deadline

For April/May Newsletter  
 March 21, 2016

Assembly Date  
 March 31, 2016



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ADDRESS SERVICE REQUESTED



Find us on Facebook: Unity Rochester

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

Sent with love to:

*My day begins and  
ends with gratitude  
and joy  
Louise Hay*

[www.unityrochester.org](http://www.unityrochester.org)



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