

Christ Church Unity

Awakening



March 2009

Christ Church Unity A member of the Association of Unity Churches International / Affiliated with Unity, publisher of the Daily Word

Dear Family of Light,

Lent began on February 25, so we have the next six weeks to prepare our minds and souls for the feast of Easter which comes this year on April 12. I am suggesting this year that we take the theme of cleansing to guide our thoughts and activities during Lent. I write more about this on page 2.

Our Annual Meeting will be held on March 1 and it will be an eventful one. We have elections to fill four trustee positions, and some interesting business questions to consider and vote on. Members of the church received a letter in the mail to invite them to this meeting. If you are unable to attend I encourage you to pick up a folder on the table near the display racks, containing reports from myself, the treasurer, and all the church ministries and committees. These reports give you a good idea of all that has transpired this year, and what your donations have been used for. There is also information for every ministry about how you can get involved if you are interested.

I am happy to report that we are now capable of receiving donations to CCU online, through our website. Treasurer Bob Gajewski and Webmaster Emily Carpenter worked on this project for us. On each page of the website there is a button which you can click on, which leads you to a page which processes credit card donations. By the way, CCU never receives any of this credit card information. We thank you in advance for your financial support.

We are moving ahead with two classes coming out of the Thriving in Unity program. **These are on Eckhart Tolle's book, A New Earth, and Byron Katie's book, Loving What Is.** These groups are being led by people from our congregation. We also have a Sunday morning class in March on the book, Keep a True Lent, and there will be a special evening lecture here on March 12 given by a contemporary spiritual teacher named Jeannie Zandi. Please see the articles and flyer in this newsletter which give you more detail. I hope many people will take advantage of these blessings.

Our annual St. Patrick's Day dinner will be March Friday, 20th. Cost is \$15 for adults and \$6 for children under 12. Please sign up for this by Sunday, March 15.

We are looking forward to having a choir for Easter! Rehearsals will begin on Sunday, March 29 at 9:30 a.m. and continue on April 5 and 12. Please sign up to lift your voices in joyous expression.

Jane Faust and Sharon Peters have begun their service of being Prayer Chaplains. They will begin by visiting our shut-ins at home or in nursing homes. Later they will be contacting the congregation by phone, to offer prayers for you if you desire. Please see their article in this newsletter. I am grateful to have two people to reach out on my behalf to help with the spiritual needs of the congregation. These two women have gone through special training from Unity for this volunteer position. More people expressed interest in Prayer Chaplaincy at our January meeting, and we will be following up with them soon.

Please pray for our new trustees, and get to know them informally. Remember, they are here to serve you and the highest good of our church. **Let's support them!**

Finally, please mark your calendars for the time change early this year on March 8 - spring forward!

In peace, Rev. Eleanor

Awakening In Truth

Let us say there is a spring garden already planted in your heart. It was secretly put there by God and is ready now to come up.

You smile as you daydream about this garden and look forward to seeing just the plants you love. It is a beautiful and happy picture in your mind.

Let us say that you want to clear away all the debris and brambles of your life, which have encroached on this space and would hide the flowers from view.

Let us say that you really want the garden to be seen, and so you will set about to dig, rake, sweep and carry away the trash which now surrounds it.

Let us say that you will pick a tool to use for six weeks, and this tool will be one virtue. With this virtue-tool you will uproot negativity, break old habits, clear out clutter, and smooth away rocks and stones in your life and consciousness.

Which virtue-tool shall you choose? There is a whole rack of them within reach. Some you are well acquainted with, they are old friends. Some are quite unfamiliar, and they might seem heavy or awkward in your hand at first.

There is love, there is kindness, there is patience, there is gentleness.
Next to them is mercy, humility, balance, and self-control.
Truth is large and stands by itself, as does the power tool of Forgiveness.

Let us say that you are intuitively drawn to the virtue-tool which is just right for you. You can work with it, it fits you, and with it you can clear away whatever it is time to release from your life. You realize you will actually enjoy getting familiar and skillful with this tool.

You now imagine how and when you will use this virtue. You know just what things need to be removed from your thought, your feelings, your body, and your environment for your garden to be revealed. You are grateful to realize how perfect this virtue-tool is for what you need to do.

You might need a second tool, for the finer work, but you can come back to the virtue rack later if you need to.

The sun is brightly shining and you now set to work, happily looking forward to six weeks from now.

With a little effort each day, the time will come when your space is free and clear and you will be full of joy at what has been accomplished.

“And the Lord God planted a garden eastward in Eden; and there He put the man whom He had formed... And the Lord God took the man, and put him in the garden of Eden to till it and to keep it.” (Genesis 2:8,15)

Happy Lent,
Rev. Eleanor

Awakening In Time



March 1
Annual Meeting

March 1, 8, 15, 22, 29
Keep a True Lent Discussion

March 12
Jeannie Zandi Workshop

March 15
Thriving in Unity Workshop
Meeting—See page 7

March 20
St. Patrick's Dinner

March 26
Byron Katie Class
begins

March 29
Choir Practice Begins

Upcoming Events

April 2
The Secret Workshop begins

April 22
Eckhart Tolle Class begins

May 1-2
Thriving in Unity Workshop
Buffalo, NY

May 3
Jon Mundy Ph.D. What is
Mysticism? Workshop

June 7
Special Service presented by
Prayer Chaplains Jane Faust
& Sharon Peters



Photo by Mike Gacek



Awakening in Prayer

March Affirmations

Inner Peace
I breathe into this moment of tranquility and
experience the peace of God.

Guidance
I am confident as I listen to and act upon divine guidance.

Healing
Health is my natural state of being.
I am energetic in mind and body.

Prosperity
I live in an abundant world and trust God to reveal
my good to me.

World Peace
We are unique expressions of love, living as one
family of God.

This year we are continuing in an interfaith project
called **"Rochester Prays,"** in which we pray for a part
of the city or a town in Monroe County each week.
This is to bring healing to all our local communities.
Thank you for joining in.

Communities of Focus—Week of
March 1—Browncroft & Beechwood
March 8—Town of Clarkson
March 15—Charlotte
March 22—East Rochester
March 29—Dutch Town

Prayer Ministry
For prayer requests or other messages to the prayer
team call 585-473-0910 and press 4, or write your
request and place it in the box in the lobby. Please
let us know if you or a family member are ill or hos-
pitalized so that we can pray with you.
Silent Unity: 1-800-669-7729

Awakening to Prosperity

We express our deep thanks and appreciation to all those who have contributed to our church life in the following ways during the past months:

- ◆ Those who helped with folding and mailing the February newsletter: Jeanne Gagne, Peggy Harvey, Chris Spridy, Mike Gacek, Linda Grape, Bev Markham, Coby Nichols, Sharon Peters, Joan Yaeger, and Bernie Bowie;
- ◆ Carol Cafalone, Jeanne Gagne, Marie Hedrick and Bev Markham for preparing our Annual Meeting folders. Special thanks to Marie Hedrick for all her time and effort in leading this project.
- ◆ We thank the members of our Music Committee and performers, a CCU ministry being highlighted this month: Jane Faust, Marie Hedrick, Mike Gacek, Alan Seale, Sharon Peters, Karen Sparka, Pamela Torrey and Thomas Warfield for their wonderful talent and joy they bring to Christ Church Unity.
- ◆ We thank our EarthKeepers ministry being highlighted this month: Dory Braun, Mike Gacek, Donna Gainsborough, Linda Grape, Marie Hedrick, Om Greg Howard, Maryanna Mueller, Jeff Smith, Dick TenEyck, MaryJo TenEyck, Sandra Weatherup, Leslie Wright and Joan Yaeger who nurture our grounds with loving care.
- ◆ Our 2009 Nominating Committee who worked diligently to identify and recruit candidates for the Board of Trustee election: Chairperson P.J. Trahan; Else Vella, Loretta Callahan, Leslie Wright, Rev. Eleanor.
- ◆ Our trustees who prepared and conducted the informational meeting on Feb. 8: Leslie Wright and Bob Gajewski, with help from Marie Hedrick, Paula Bramwell, Mike Gacek and Mary Jo TenEyck.
- ◆ Sylvia Barker for providing cleaning tools to be readily accessible in the church in case of mishap; and for taking time to visit some of our church family in a nursing home.
- ◆ Our webmaster Emily Carpenter and Bob Gajewski who did the work to set up our online donation system and make it functional.
- ◆ Else Vella, Loretta Callahan and Leah Ruekberg who have offered to facilitate discussion classes on two books from the Thriving in Unity program.
- ◆ Rev. Vernice Warfield who offered to lead a discussion class on the Unity classic book, Keep a True Lent.

All of you who make Unity a part of your life, and contribute to making it available to others through your volunteer service, prayers, tithes and donations. We thank you.

Volunteer of the Month

Our March Volunteer of the Month is someone who serves CCU in many ways, with great enthusiasm. She writes two columns every month for the newsletter, the Inside Scoop and Seeds from the Earthkeepers, and she is the co-chair of the Earthkeepers as well. She is the designated leader for the Thriving in Unity program, which she has brought forward with zeal and outstanding organization. She organized the special congregational meeting in January which described Thriving in Unity and where congregants signed up to take part in the Benchmarks they are interested in. She has helped arrange the two classes which arise from Benchmark #8. She has been very active in the Prosperity Projects group, and she often has brought flowers for the sanctuary. Besides all this she serves in her ongoing roles as a member of the Board of Trustees, an usher, a counter, and she even is on the team to make birthday cakes.

Christ Church Unity extends deep gratitude to Mary Jo TenEyck for her outstanding generosity of spirit and dedication to Unity. We love you, we bless you, we appreciate you; we behold the Christ in you. Thank you for all you give to us!



Divine Love richly provides everything now.

Awakening through Leadership



Highlights from the Board

Our four new qualified candidates for the Board joined the February Board meeting to get a little intro to what to expect if elected at the upcoming Annual Meeting on March 1st. The focus was on how to have a smooth transition from one Board to another, with four new trustees coming on board. The outgoing trustees have offered assistance to any of the new trustees, especially the new treasurer.

Our designated champion and Board trustee, Mary Jo, gave the Board a summary of the 12 Benchmarks' activities. For **Benchmark #8, "Book Studies"** have already been scheduled on the books *Loving What Is*, by Byron Katie and on the book *A New Earth*, by Eckhart Tolle. Several of the other benchmarks have leaders or some action plan and are moving right along.

The New Horizon ministry has been meeting monthly. They submitted a summary of goals the team is working with as recommended goals for the Ministry Action Plan. They will also incorporate the Thriving in Unity benchmarks where appropriate as well. They are asking for input from the Board.

Our online credit card donation capability is up and running, thanks to Bob Gajewski.

Respectfully submitted,
Marie Hedrick

Message From the Board By: Mike Gacek

During a recent Board meeting **we talked about last year's income and expenses** and the fact that our church net income for 2008 was \$101,677. During our membership meeting a couple of weeks ago this subject came up again and some people expressed their desire to know more about our church finances.

We set goals in our budget on the amount of income we expect to receive over the year. We always tithe 10% on the income we receive. We continued to tithe even though our church had been operating at a loss through September. Then just when we needed it most Christ Church Unity got some good news. We received a bequest from an estate in the amount of \$133,000. We are grateful to God who is our source. If you subtract the bequest from our church net income you can see that our year end income for the church would look much different.

Last year our annual attendance was 3,570. If we divide that by 52 weeks we get an average attendance of 69 people per week. Our average tithe on Sundays was about \$25 per person.

Some interesting financial facts from the past are that in 2006 we had an average weekly attendance of 87. The average weekly contribution for each person was about \$25. That is exactly the same weekly contribution as in 2008 only we had more people in attendance each week in 2006. We had more people giving so we met our income needs without any additional help from the universe. If we had 24 more people giving the average amount of \$25 in 2008 our financial needs would have been met without the bequest.

So what can each one of us do to help our church financial position? One thing is to increase the number of people in attendance. We could ask a friend or family to join us at church on Sunday to see what Christ Church Unity has to

offer them. Another solution is for each one of us to tithe \$8 to \$10 more per week. Joan and I have committed to increase our tithes \$10 each. Another thing is that you may have some skills that you can contribute to the church to help offset some expenses. For example, volunteering one Sunday a month in the Sunday school.

The Four Spiritual Laws of Prosperity is a wonderful book written by Edwene Gaines. The first of the four laws that the author writes about is tithing. I highly recommend everybody read this book. The word tithe means one tenth, and is a voluntary giving of one tenth of your income to places where you receive your spiritual food. The author says that the church is not the only place where you may receive your spiritual food; but she differentiates the source of spiritual food from charities.

My idea for this message from the board is not to do a book review; but I do want to pass on a couple of tidbits that are not new to me, but worth repeating. **"Money is like love, the more you give the more you get."** I know this to be true in many things besides love and money. It can be a negative thing like anger. The more you give out the more you get back. I know you have all heard **"misery loves company."** Well there you go, if you give out misery it comes back to you. **What you give you get back. It's like a mirror.**

Tithing is acknowledging that God is the source of our good. Tithing gives back to the universe and the universe gives back to us. Remember God is not in some distant place. **Don't look for God too high up and too far away.** God is within and around us. Try making a six-month contract with God and give ten percent of your income to where you are spiritually fed and be prepared to accept your prosperity when it starts coming in.

I have the time, wisdom and energy to do both the ordinary and extraordinary today.

Awakening through Action

Prayer Chaplains

As CCU embarks upon the Thriving in Unity program, we are excited to announce our current Prayer Chaplaincy program which is one of the Thriving in Unity Benchmarks. Jane Faust, who trained with Lei Lanni Burt and Diane Williams for the prayer chaplaincy, recently trained Sharon Peters. Sharon and Jane are anxious to get this program off the ground. They will present a special service as Prayer Chaplains on Sunday, June 7th.

The Prayer Chaplains bring prayer to the people through visitations and phone calls. Their presence will be felt at all Sunday Services as well as special services such as funerals and baptisms.

The Prayer Team will continue their duties – one on one prayer in the prayer room after services, daily prayer for prayer requests and mailing birthday cards.

Anyone interested in applying for the Prayer Chaplaincy program should see Rev. Eleanor, Jane Faust or Sharon Peters.

Love & Peace, Jane & Sharon

Youth Education

Sunday School Assistant Opportunity

With great joy we welcome into our midst more young children! It is both a privilege to minister to families in our community and a blessing to Christ Church Unity to have more kids growing up with Unity principles.

To best meet the needs of children with a diverse age range, we are searching for a dedicated assistant or assistants for our lead teacher, Marna Rossi. Marna teaches Unity principles through the arts. She incorporates stories, crafts, writing, puppetry, music and sign language into the program. Marna shares that this is a wonderful group of kids who are fun to be with, and very creative.

Our new assistant will be primarily responsible to lovingly care for the youngest children in Sunday School. If there are no babies or toddlers, the assistant will help with the older children. If we have two or more assistants, a rotating calendar will be established. Thank-you for considering this important ministry. Please contact Marna Rossi, Marie Hedrick, or Mary Jo TenEyck.

Thriving in Unity

Using the tallied response sheets from our January 11th kick-off, those who expressed an interest in leadership roles of the following benchmarks have been contacted and given access to materials. Most of these leaders are in the process of reviewing the information and making decisions about their level of commitment and how to proceed. Some benchmarks, like Social Action, Guest Event, and Peacemaking, will take place at a later date. If you have ideas, concerns or comments, please contact Mary Jo TenEyck. To view all of the material, please go to www.thrivinginunity.org.

Benchmark # 2: Thriving Ministries Model Workshop. (Leadership and Vision)

May 1-2 at Unity Church of Practical Christianity, Buffalo, N.Y.

“Strategies for Creating Thriving, Coherent, and Integral Ministries” led by Rev.

Gary Simmons, \$65.

20 members are presently considering attending this workshop. For more information, see article in this newsletter or contact the church office.

Benchmark # 3: Define a Welcoming Practice for your Ministry

Possible leaders have been given materials to review. 12 people have expressed interest in this benchmark and will be contacted by the benchmark leadership. This very important goal is an essential step in serving and retaining visitors.

Benchmark # 4: Develop and maintain an up-to-date web presence

There are 5 people interested in working on this benchmark. A possible leader is reviewing materials. Our web master is ready and willing to work with this committee.

Benchmark # 6: Chaplaincy program

Jane Faust, a trained chaplain has just trained Sharon Peters in this capacity. Jane has the names of 8 additional people interested in this benchmark.

Benchmark # 8: Book Studies

Leah Ruekberg and Loretta Callahan will co-lead a study on *Loving What Is*, by Bryon Katie for 4 Thursday evenings **in Loretta’s home on 3/19, 3/26, 4/2 and 4/9**. Else Vella will lead a study of *A New Earth*, by Eckhart Tolle for 5 Wednesday evenings on 4/22, 4/29, 5/6, 5/13, 5/20. Other leaders are considering offering additional times and locations. 14 people expressed interest in participation.

Benchmark # 10: The Practice of Thriving Program: Prosperity Principles

The new Board is considering time and location for a leadership study of *The Four Spiritual Laws of Prosperity*.

Reverend Eleanor is considering the best time to offer a congregation study of the same book, and also to teach the principles during Sunday lessons. 13 people expressed interest in participation.

Benchmark # 11: Green Facilities Assessment

A possible leader is reviewing material. 13 people expressed interest in participation.

Benchmark # 12: Weekly worship service and class attendance

Paula Bramwell has agreed to lead this Benchmark. She will be notifying the 5 people have expressed interest in participation.

Mary Jo TenEyck
Thriving in Unity Champion

Awakening through Living—Giving—Learning

March Birthdays

David Mercer	March 3
Harriet Cottrell	March 6
Jonathan Wolfinger	March 6
Paula Bramwell	March 8
Dianna Phillips	March 8
Leslie Wright	March 9
Sue Giannavola	March 10
P.J. Trahan	March 10
Diane Ellis	March 11
Carol Britton	March 13
David Mryglod	March 13
Wendy Low	March 14
Dale Ralph	March 14
Norman Dinolfo	March 15

Karen Nelson	March 16
Marie Hedrick	March 23
Om Greg Howard	March 23
Carlene McIntosh	March 23
Jackie McCullogh	March 24
Joanie Trahan	March 25
Emily Carpenter	March 26
Carl Conde	March 26
Amy Toric	March 27
Rev. Eleanor Celentani	March 30
Carole Frank	March 30
Peggy Harvey	March 31

Thriving Ministry Workshop Information Meeting

Rev. Gary Simmons will present a new Thriving Ministry workshop on Friday evening, May 1, and Saturday, May 2 at the Unity Church of Practical Christianity in Buffalo, N.Y. This workshop is part of the leadership and vision benchmark of Thriving in Unity. Many people from our church have expressed an interest in attending this exciting opportunity to experience **“the power of church transformation” with high impact strategies for ministry growth and development.** The cost of registration is \$65 and information about reduced rates at nearby hotels is available. A Kat VanMeenen Scholarship Fund has been made available for those who seek financial assistance. Please contact Rev. Eleanor to apply.

Please join us in the sanctuary on *Sunday, March 15th at 12:20.* We will discuss ideas at that time for hotel accommodations and sharing transportation, as well as answer any questions we can. Individuals are responsible to mail in their own registration. Forms can be found on the announcement bulletin board or from the church office. This is a great chance to empower our ministry with a holistic approach understood and practiced by a significant number of trained members. Join in!

*We love you.
We bless you.
We behold the Christ in you.
Happy Birthday!*



Inclement Weather Closing

If Christ Church Unity finds it necessary to cancel Sunday activities due to inclement weather, the announcement will be made on WHAM 1180 AM radio, TV channel 13 and RNews cable channel 9. It will also be posted on the church phone line 473-0910 after 8 a.m. Weeknight cancellations will be announced by 5 p.m. on the church voice mail and in the media if possible.



Coming Soon

Please watch for the beginning of a new class in 2009 on Edwene **Gaines' book, The Four Spiritual Laws of Prosperity, A Simple Guide to Unlimited Abundance.** Offering this class is one of the benchmarks of Thriving in Unity. Our Board is also required to make a retreat focusing on this book.

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



You may listen to recordings of our Sunday lessons and meditations on our website, www.unityrochester.org. Click on **Minister's message**.

Thank you for keeping our Sunday services fragrance free.





Awakening through Communication

The Inside Scoop

Sharing Our Committee and Ministry News

The Universe loves this church, serves this church, nourishes this church, and wants this church to succeed!

Financial Prosperity Ministry
Meeting: January 21, 2009

Attendance: Bernie Bowie, Paula Bramwell, Eleanor Celentani, Bob Gajewski, Bob Murray, Leslie Wright. The committee pondered the issue of fundraising and donations while listening to guest Jody Morris of Mary Kay

products. Because FPM does not want to endorse particular products it was decided to not offer parties or sales, but instead to accept a donation of a basket of products to possibly be raffled as a fundraiser. The 2009 budget was reviewed but the committee is waiting for a final draft of the strategic plan, now in its final stages, with which to align the budget. Bob Murray offered to bring a sample policy from another church about how to respond to church individuals who are in need of financial support. Finally, the sub-committee was reactivated that

examines standards for conduct and duties of our volunteers and staff. It is time for a review of those items. The next meeting is 2/25. All are welcome.

Easter Choir



Attention all songbirds! Easter is fast approaching and I would like to conduct a choir. Let spirit flow

through you in music and join us! We will rehearse March 29, April 5 and Easter Sunday at 9:30 AM prior to Sunday service. A sign up sheet is in the lobby. Come and lend us your voice! Peace & Light,
Sharon Peters

Eckhart Tolle Class

As part of Congregant Spiritual Development, Benchmark 8, recommendations were made to offer another study **group based on Eckhart Tolle's teachings**. A survey showed that our congregation has given high priority to this. Therefore starting April 22, we will offer a series of 5 Wednesday classes based **on Eckhart Tolle's A New Earth**, to deepen our understanding of this profound work and help us grow on the path of our spiritual journey.

Cost: Love Offering
When: April 22, 29, May 6, 13, 20
Where: Christ Church Unity
Facilitator: Elsé Vella

Online Donations



Christ Church Unity is pleased to announce 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.

St. Patrick's Dinner



Calling all Irish and Irish at heart—CCU's **St. Patrick's** dinner will be Friday, March 20 at 6:30 PM. Cost is \$15 for adults; \$6.00 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 15.

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

The Work

A Process of Personal Transformation



From the book cover of *Loving What Is*: The Work is simply four questions that, when applied to a specific problem, enable you to see what is troubling you in an entirely different light. As Byron Katie says, **"It's not the problem that causes suffering; it's our thinking about the problem."** Contrary to popular belief, trying to let go of a painful thought never works; instead once we have done The Work, the thought lets go of us. At that point, we can truly love what is, just as it is.

Cost: Free—because group trust is essential, we ask for a 4-week commitment. Class limit: 12; No drop ins. Required Text: *Loving What Is* by Byron Katie (available in the bookstore) When: four Thursday evenings beginning March 26, 2009. 6:30-8:30 PM Where: East Rochester, NY 14445 Questions: contact the facilitators Loretta Callahan or Leah Ruekberg

I cast all burdens on the Christ within, and I go free.

March 2009

Sun Mon Tue Wed Thu Fri Sat

1 9:30-10:30 AM Keep A True Lent 11 AM Sunday Service CCU Annual Meeting	2 7:30 AM Overeaters Anonymous	3 7:30 AM Overeaters Anonymous 7-8:30 PM ACIM	4 5:30 PM New Horizons	5	6 7:30 AM Overeaters Anonymous	7 10-Noon David Hawkins Group
8 Daylight Savings Time Begins 9:30-10:30 AM Keep A True Lent 11 AM Sunday Service 12:45 PM Board Mtg.	9 7:30 AM Overeaters Anonymous	10 7:30 AM Overeaters Anonymous 7-8:30 PM ACIM	11	12 7-9:30 PM Jeannie Zandi Workshop	13 7:30 AM Overeaters Anonymous	14 10-Noon David Hawkins Group
15 9:30-10:30 AM Keep A True Lent 11 AM Sunday Service 11 AM Teen Group 12:20 Thriving in Unity Workshop	16 7:30 AM Overeaters Anonymous	17 St. Patrick's Day 7:30 AM Overeaters Anonymous 7-8:30 PM ACIM 	18	19 Newsletter Deadline	20  First Day of Spring 7:30 AM Overeaters Anonymous 6:30 St. Patrick's Dinner	21 10-Noon David Hawkins Group
22 9:30-10:30 AM Keep A True Lent 11 AM Sunday Service	23 7:30 AM Overeaters Anonymous	24 7:30 AM Overeaters Anonymous 7-8:30 PM ACIM	25	26 Assemble Newsletter 6:30-8:30 Byron Katie class (off campus)	27 7:30 AM Overeaters Anonymous	28 10-Noon David Hawkins Group
29 9:30 AM Choir Practice 9:30-10:30 AM Keep A True Lent 11 AM Sunday Service	30 7:30 AM Overeaters Anonymous	31 7:30 AM Overeaters Anonymous 7-8:30 PM ACIM				

Teen Friendship Group
The next meeting of the Teen Friendship Group will be Sunday, March 15th at 11:00 a.m. in the Sunday School room. They are accepting new members. Please contact Jackie McCullough for more information.



The Secret" series begins Thursday, April 2nd at 6:30 PM at CCU. It will be for 8 consecutive weeks.

If you want to see your life changed for the better come learn about the Law of Attraction and the necessary tools that accompany The Secret. Due to the interactive nature of this class, seating will be limited to 25 people. Paulie and Bob Gajewski will lead the experiential exercises, class discussion, viewing of parts of The Secret each week, and discussion of homework and suggested readings. Cost is a love offering. Class guidelines will be announced at the first session.

Seeds From the Earthkeepers



Spring cleaning? Here are some ideas for safe, homemade cleaning products. Give the Earth and your wallet a break.

White vinegar: Dilute 1 cup of white vinegar with 1 cup of water to spray on countertops and floors. Warm it and spray on shower walls. Let sit 10-15 minutes before scrubbing and rinsing.

Use undiluted white vinegar to scrub the inside of the toilet bowl. Before you begin, dump a bucket of water into the toilet to force water out of the bowl and allow access to the sides. Pour the vinegar around the bowl and scrub with a toilet brush to remove stains and odor. Use a pumice stone to remove any remaining hard water rings.

Clean shower heads that have been clogged with mineral deposits with undiluted white vinegar. Place 1/4 to 1/2 cup vinegar in a plastic food storage bag, and secure the bag to the shower head with a rubber band. Let stand for 2 hours to overnight, then rinse and buff the

fixture to a shiny finish.

Tub and Tile Cleaner: Mix 1 2/3 cups baking soda with 1/2 cup of liquid soap in a bowl. Using liquid soaps is best because liquid detergents make this scrub too time consuming to rinse off. Dilute with 1/2 cup water. Add 2 tbsp. vinegar. Stir with a fork until the lumps are gone. Be as exact as you can, otherwise, your squirt will be too thin or thick. Keep the cap on, because this mixture will dry out. Shake well before using. A 16 oz. squeeze container with a squirt flip-top cap is best. Only a few types of squirt tops will work for this recipe. Otherwise, they clog. Reusing bottle tops from commercial soft scrub cleaners works great.

Furniture Polish: You can use a little olive oil and vinegar to polish your furniture. Use one part white distilled vinegar and three parts olive oil. Add a little natural lemon oil (not the synthetic kind) and you've got a great polish!

Glass Cleaner: You can actually use plain club soda for a great glass cleaner. It works much better than commercial cleaners and isn't irritating to breathe.

Rust Remover: Toxic rust removers are dangerous poisons and one of the top cleaners to keep out of the house. A natural solution is: sprinkle a little bit of salt on the rust, squeeze a lime over the salt until it is nicely soaked in lime juice. Leave the mixture on for two or three hours. Use the leftover rind as a handy scrubber. Rust is gone.

Small carpet stain: Two words - club soda!

Bigger tougher carpet stains: Sprinkle **Fuller's earth or cornstarch onto the spot.** Allow it to sit for about 20-30 minutes. Scrub with one cup vinegar mixed with **three cups water. If it really won't come out try a natural soap.**

Carpet deodorizer: Sprinkle baking soda around the room. Add some dried crushed lavender or basil. Wait about 1/2 hour. Vacuum.

Everyday toilet cleaning: Sprinkle some baking soda and lemon juice into your toilet **and walk away. Eventually you'll want to return and scrub it with a toilet brush.**

Submitted by Mary Jo TenEyck

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.

EarthKeepers Highlight



Formed early in 2008, this ministry serves Christ Church Unity by caring for the gardens and grounds. Maintaining a beautiful environment is one way of nurturing the Heart. Some members of the committee have committed to specific gardens or areas that they tend. Some members chip in on grounds keeping tasks like raking, trimming and picking up trash. We only meet as a group a couple of **times a year, and have "clean-up" days in the Fall and in the Spring. An added ministry of** the EarthKeepers has been to submit monthly newsletter articles that highlight responsible and loving care of the Earth itself.

Members of the EarthKeepers include Dory Braun, Tim DuBois, Loretta Callahan, Mike Gacek, Donna Gainsborough, Linda Grape, Marie Hedrick, Gregory Howard, Maryanna Mueller, Jeff Smith, Dick and Mary Jo TenEyck, Sandra Weatherup, Patricia Woodward, Leslie Wright, and Joan Yaeger. Please drop by our table in the church lobby on March 22. New members are welcome. You may also contact Mary Jo TenEyck for more information.

Music Ministry

The Music Ministry will present a lobby display on Sunday, March 15th.

Members of the ministry are Jane Faust, Mike Gacek (present board liaison), Marie Hedrick, Alan Seale and Thomas Warfield.

Our mission is to bring spiritually uplifting music to the congregation. This year the church has hired a song leader, Pamela Torrey, who joyfully leads the congregation in hymns, by sharing her musical gift.

Our goal is to expand our Music Ministry. It is our hope to bring together choirs to grace our Sunday Service. Music resounds in souls of us all.

Joyfully submitted,
Jane Faust



Our Board of Trustees
Paula Bramwell, President
Leslie Wright, Vice President
Bob Gajewski, Treasurer
Marie Hedrick, Secretary
Mary Jo TenEyck, Trustee
Mike Gacek, Trustee

Rev. Eleanor Celentani, Minister
Office 585-473-0145

Our Staff
Jane Faust, Accompanist
Jeanne Gagne, Admin. Asst.
Anita Gaiteri, Hostess
Pamela Torrey, Song Leader
Thomas Warfield, Soloist

Our Ministry Team Coordinators
Audio – Chris Spridy & Bob Gajewski
Bookstore – Paulie Gajewski
Circulation Day – Paulie Gajewski
Financial Prosperity - Leslie Wright
Fundraising -
Greeters – Jackie McCullough
Librarian/Fun Club - Sylvia Barker
New Horizons -
Newsletter - Bernie Bowie
Nominating Comm. - PJ Trahan
Photographer – Mike Gacek
Planning/Beautification -
Platform Assistants – Donna Ries
Prayer – Jane Faust
Prosperity Projects -
Remembrance - Coby Nichols
Sign Ministry - Mike Gacek
Social – Anita Gaiteri
Ushers – Marie Hedrick
Youth Ed. Dir. – Marna Rossi



Submission Deadline
March 19, 2009

Assembly Date
March 26, 2009



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



*"And God saw everything that He had made,
and, behold, it was very good."
Genesis 1:31*