

Unity Church of Greater Rochester

A Positive Path for Spiritual Living



March/April 2017

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

Our Vision Statement

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

Our Mission Statement:

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

"I reclaim my true identity in Christ"

"Be not conformed to this world; but be ye transformed by the renewing of the mind."
(Romans 12:2)

Dear Fellow Truth Students,

The Lenten season begins Wednesday, March 1, and in a few short weeks, spring will be upon us. Our outer world will come alive again. We will see new vegetation sprouting all over the land and the majestic sounds of the birds chirping will announce its arrival. New birth, new growth and a new season are physically upon us, and yet the only true manifestation is the growth in our minds and hearts.

Lent is a time of spiritual renewal. It is a time to release thoughts of lack, limitation and separation and step into our true divine nature. During this time, many people choose to follow a fasting process. We could all make the world a more expansive place if we all choose to give up negative thoughts and beliefs during this Lenten season. We know and claim that what we place our attention on expands. So, this Lenten season let's give our fertile minds the seeds of love, joy, peace and acceptance and watch them grow in greater expression in our lives. Jesus said, "You Are the Light of the World!" Believe it!!!

Easter Sunday is April 16. We will lead into this amazing resurrection day with a journey into your own soul at the Labyrinth Walk. Then at our Good Friday's service, we release and let die those very things that are holding us back from being all we can be in Christ. Apostle Paul shares, "Christ in You, your hope of Glory." We celebrate the renewal of our minds as we transform daily into our own unique expression of Christ. Jesus said, "You can do all that I have done and even greater things than these." We ask ourselves as an individual and a church community, "What is ours to do?" We listen. And then we do!

We are blessed with the many different avenues and practices within the church community that invites true connection with our Divine Self and Our Source. Join us for Sunday Services, Tuesday evening meditation, Wednesday meditation, yoga, the Men's Circle, Sacred Healing Sunday, Spiritual Enlightenment and Enrichment Classes, Prosperity Classes and book studies, to name a few. We have expanded our Youth and Family Program. We now have a Nursery and Unitot room, a Unikids Program, and a Uniteen Program. We are blessed!

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

Namaste! Truly Honoring and Beholding the Christ You Are!

Reverend Ann



Unleash Your Divine Potential

Senior Minister, Rev. Ann Frances

Board of Trustees

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Prayer Team – Jean Marie Bianco
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Purchasing Agent - Bernie Bowie
Remembrance - Barbara Boyce
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Spiritual Healing - Donna Ries
Sign Ministry - Mike Gacek
Social Media - Barbara Boyce
Ushers - Lisa White
Welcoming -
Women of Wisdom -

March

I am present to this moment
Of peace and serenity.

Divine light guides my decisions

I am the breath of Spirit, the
Expression of perfect life.

God is my substance and
Sustenance. I am prosperous.

My thoughts and actions
Contribute to a peaceful world.

Affirmations

Inner Peace

I surrender to the Christ Presence within
And find true peace.

Guidance

Inner wisdom guides me to new ways of
Thinking and being.

Healing

My mind and body radiate the healing
Energy of Spirit.

Prosperity

My mind is a wellspring of prospering
ideas.

World Peace

Peace in the world begins with love
In my heart.

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

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



Nursery News

I am Liz Santamaria. I will be providing a loving, nurturing atmosphere for children four and under in the Unity Nursery Room during church service.

I have been a member at Unity Church of Rochester for one and a half years, and I have been providing care for children professionally for many years. I currently am a licensed Family Child Care provider in my home.

In our Nursery Room at Unity, children will have the opportunity to play, listen to stories, sing songs, and do rhymes and finger plays while we talk about God's Love in and for all beings. Our curriculum is Love, Joy, Kindness, Patience, Gentleness, Goodness, Faithfulness, and Self Control, which are taught by example and loving guidance.

I am looking forward to caring for all the wonderful Unity children in the Nursery because Love is something when you give it away, you wind up having more!



Unleash Your Divine Potential ~ Every Day

- | | |
|--|--|
| March 5
Community Lunch | April 9
Palm Sunday
Communion Sunday |
| March 16
Prayer Class begins | April 14
Good Friday Service |
| April 2
Community Lunch | April 16
Easter Sunday |
| April 13
Sacred Healing Ministry
Labyrinth Walk | April 2 & 23
New Member Orientation
Unity Basic Class |

NEW CLASS
Metaphysics 1
Thursday April 27 – May 25, 6:30-8:30 PM

This course explores some of Unity's fundamental Principles. Students will be encouraged to awaken your awareness and understanding of spiritual Truth in order to employ it in your everyday life. Metaphysics examine the key spiritual and philosophical issues surrounding our existence, asking questions such as, "What is the nature of Being? Heart-centered metaphysicians explore Ultimate Reality through the "lens of the heart" ensuring that beliefs are more than just cold hard facts. SEE credits available. Course books are Heart-centered Metaphysics and Applying Heart-centered Metaphysics offered at a reduced rate soon through our bookstore.

Join Us

**Palm Sunday
Communion Sunday
April 9, 10 AM**

Holy week begins today. We honor the journey of Jesus, as he rode into Jerusalem, the city of peace. This journey represents our progressive unfoldment, the fulfillment of the time the spiritual I AM takes control and lifts us into the spiritual plane of mastery, purity and peace. Please join us for Spiritual Communion with physical elements. Nursery and Sunday school available!

**Good Friday Service
Friday, April 14, 6:30 PM**

Join us as we honor the process of dying to our old ways. This contemplative service will center on our ability to give up or cross out, the consciousness of errors that have become fixed states of mind. As we do this, we open up and make room to be transformed at our core. All permanent change begins within.

**EASTER SUNDAY
April 16, 10 AM
Alleluia! Christ is Risen!
*Celebrate the Risen Christ***

*Join us Easter Sunday as we honor the resurrection of our Master Teacher and Wayshower, Jesus the Christ and celebrate our own way, illuminated brighter by his teaching and example. Sunday School and Nursery available!
All are Welcome!*

**New Members Orientation
Unity Basic Class**

Sunday April 2 and Sunday April 23 (both classes required for membership)
Are you interested in becoming a member? Would you like to know more about this wonderful community? Join us as we learn what makes up this Unity movement; "meet" co-founders Charles and Myrtle Fillmore and see the path they took that led to a movement that has been expanding for over 150 years.
Reverend Ann facilitating

New Member Sunday is April 30, 10 AM.

Unleash Your Divine Potential through Leadership



Board Highlights

- Approved UCGR Christmas gift to the Mustard Seed Program.
- Approved gifts for UCGR staff and parking lot vendors.
- Continuing to work on replacing flooring in rooms to be used for the Nursery.
- Received three bids for cleaning the church carpet. Bid selected, will proceed with cleaning after snow season.
- Periodically reviewed updates on UCGR 2017 Budget.
- Approved changing the Youth Education staff position from an independent contractor to an UCGR employee. Further, the Board approved reorganizing the Youth Education program such that there will be a lead teacher at each of the three levels (nursery, elementary, uniteen) to be hired as UCGR employees.
- Reviewed proposed Bylaw changes as submitted by the Bylaws committee.
- Scheduled Special Membership Meeting Feb. 26, 2017 to vote on proposed Bylaw changes.

- Continuing discussion around a church Art Gallery and the contract with the artists who will be participating.
- Continuing to develop volunteer organizational structure, and, roles and responsibilities of ministry teams.
- Approval of Policy & Procedure changes for Board Officer Declaration and Election process, and Board teamwork practices.
- Refining title counting procedures, and Treasurer's responsibilities.
- Continue monitoring Parking Lot Fund.
- Discussed planning of annual UCGR picnic.
- Discussed Annual Membership Renewal procedures, and approved revisions.
- Approved UCGR 2017 Budget as amended, to be presented at Annual Membership Meeting March 26, 2017.
- Approved new UCGR brochure designed by Mike Gacek.

Respectfully,
Mary Meissner
Board Secretary



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 being communication, which requires us to have current contact information on file for all of our members.

As we did last year, we are planning to make it easier for our members to indicate their desire to renew their membership. We are 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 once again going to be asking non-members that wish to receive communications from us, to use this form to provide or update their contact information. If you are a member, please make sure that you fill out this form as soon as you can...it helps us keep our mailing costs down!

This year we are also adding the option to renew your membership from our website. If this is something that might interest you, please visit www.unityrochester.org for more information.

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



Prayer Class

Unity is prayer. Knowing that God is good and God is all there is constitutes Unity's base. The upcoming 5 week prayer class is an opportunity to strengthen your prayer foundation while exploring personal ever-changing concepts of Divinity.

The required text for the course is *How To Pray Without Talking to God* by Linda Martella-Whitsett. The course will take place Thursdays March 16 through April 20 6-8 PM. Class will not meet Holy Week April 13. Jane Faust and Katherine Da-Costa are facilitators. S.E.E. credits are available.

This course, along with church membership, is a prerequisite for joining the prayer chaplaincy ministry.

Look forward to exploring with you. See sign up sheet in lobby.

Divine Love richly provides everything now.

Unleash Your Divine Potential through Sharing



Sacred Healing Ministry

The SHM will be sponsoring the Labyrinth Walk during Holy Week, on Thursday, April 13th, 6:30-8:30pm. Myrtle Fillmore was quoted to say, "Place yourself and all that concerns you lovingly in the hands of the Father and pray for His wisdom to guide and direct you". Walking the Labyrinth is a form of prayer and contemplation, a centering and quieting of the self within, opening to divine wisdom and love. The walk can take a few minutes or the full 2 hours, it is your time to be still and open your heart to your inner wisdom. Reiki services will be provided as well as sacred music. This is open to anyone interested, and a love donation is always appreciated.

For more information, contact Donna Ries, Sacred Healing Ministry Coordinator, or Rev. Ann Frances, 585-473-0910



Noon Meditation

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



Restorative Yoga

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

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

Tuesdays @ 10 AM



Everyday Mindfulness

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

New year: 2017

New time: Tuesdays at 6 pm - 7 pm

Location: Unity Church of Rochester
55 Prince Street, Rochester, NY

Meetings are every Tuesday

For more info contact: Bruce Wayne McLellan c- [585-530-2308/e-bruce@brucewaynemclellan.com](tel:585-530-2308)

Everyday Mindfulness March 7 Session

According to Swami Jnaneshvara Bharati Yoga Nidra means Yogic sleep and has been around for 1000's of years. It is a state of conscious deep sleep. In yoga nidra you leave the waking state, go past the dream state and go to deep sleep yet remain awake. Please bring a pillow, blanket and yoga mat. (if you don't have a yoga mat please bring 2 blankets)



Prayer Chaplaincy

Is prayer your passion? Do you long to remind your fellow beings that goodness and mercy are following them relentlessly? (You might after the prayer class.) If you think prayer chaplaincy is your mission--and church membership and the prayer class are part of your history--save the dates of May 19, 20 and 21 for the prayer chaplaincy training.

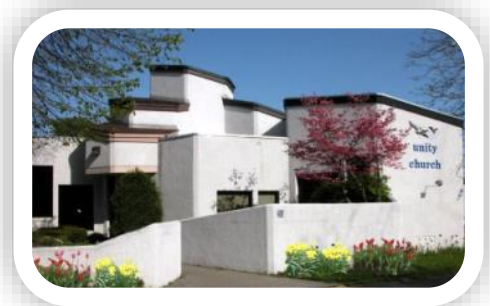


Unity's Men Circle

In 2017, the Unity's Men Circle of Rochester, New York will foster the opportunity for men to come together and explore the sacred masculine as well as develop like-minded community. Not only will it help us to gain a deeper understanding of what it means to be a man in the 21st-century; but also, to help us as individuals to co-create close-knit community that we can enjoy now and for years to come. We will be coming together every month on the last Saturday of each month beginning at 10 AM.

Meeting are normally on the LAST Saturday of each monthly from 10:00am - noon
For more info contact: **Bruce Wayne McLellan** c- [585-530-2308/e-bruce@brucewaynemclellan.com](tel:585-530-2308)

Next Meeting:
Saturday April 1, at 10:00AM this is for March's circle (Bruce is out of town the last week of March)
Unity of Rochester 55 Prince St Rochester NY



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

MARCH 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Ash Wednesday Noon Meditation 6:30 PM 4T Class	2	3	4
5 10 AM Sunday Service Community Lunch	6	7 10 AM Yoga 6 PM Everyday Mindfulness	8 Noon Meditation 6:30 PM 4T Class	9	10	11
12 Daylight Saving Times End 10 AM Sunday Service Board Mtg	13	14 10 AM Yoga 6 PM Everyday Mindfulness	15 Noon Meditation 6:30 PM 4T Class	16 6 PM Prayer Class	17 St. Patrick's Day	18
19 10 AM Sunday Service Sacred Healing	20 Spring Begins	21 10 AM Yoga 6 PM Everyday Mindfulness	22 Noon Meditation 6:30 PM 4T Class	23 6 PM Prayer Class	24	25
26 10 AM Sunday Service Annual Meeting	27	28 10 AM Yoga 6 PM Everyday Mindfulness	29 Noon Meditation 6:30 PM 4T Class	30 6 PM Prayer Class	31	

APRIL 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 10 AM Men's Circle
2 10 AM Sunday Service Community Lunch Membership Class	3	4 10 AM Yoga 6 PM Everyday Mindfulness	5 Noon Meditation 6:30 PM 4T Class	6 6 PM Prayer Class	7	8
9 Palm Sunday 10 AM Sunday Service Communion Sunday Board Meeting	10	11 10 AM Yoga 6 PM Everyday Mindfulness	12 Noon Meditation 6:30 PM 4T Class	13 6:30 PM Labyrinth Walk	14 Good Friday 6:30 Good Friday Service	15
16 Easter 10 AM Sunday Service	17 Newsletter Deadline	18 10 AM Yoga 6 PM Everyday	19 Noon Meditation 6:30 PM 4T Class	20 6 PM Prayer Class	21	22
23 10 AM Sunday Service Sacred Healing Membership Class	24	25 10 AM Yoga 6 PM Everyday Mindfulness	26 Noon Meditation 1 PM Fold Newsletter 6:30 PM 4T Class	27 6:30 PM Metaphysics Class	28	29 10 AM Men's Circle
30 10 AM Sunday Service New Member Sunday						

Unleash Your Divine Potential

March ~ April Birthdays

Jodi Dengal	March 1	David Cafalone	April 4
David Mercer	March 3	Liesl Gaesser	April 6
Harriet Cottrell	March 6	Beverly Bryant	April 7
Leslie Wright	March 9	Kathy Cumbo	April 7
Sue Giannavola	March 10	Johnnie Dawson	April 7
Edith Ortiz	March 10	Davidia Dawkins	April 8
Lori Goldsmith	March 13	Johnny Gacek	April 8
Sam Akin	March 14	Jane Faust	April 9
Norman Dinolfo	March 15	Eileen Metzger	April 10
Karen Nelson	March 16	Beverly Otto	April 10
Dwight Burnham	March 17	Venise Cottrell	April 14
Kara Waugh	March 19	Carol Cafalone	April 15
Marie Hedrick	March 23	Debbie Sigrist	April 16
Om Greg Howard	March 23	Andrew Villone	April 16
Jackie McCullough	March 24	Diane Dunkleberg	April 19
Emily Carpenter	March 26	Sam Thayer	April 21
Carl Conde	March 26	Nora Powderly	April 26

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 March 4, 2017. <http://thereisonlygod.com>.

Reminder

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



MAKE A DONATION

Online Donations

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



Women of Wisdom

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



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

Recording of Our Services

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



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

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



Men's Circle

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

Thank you for keeping our Sunday services fragrance free.



Submission Deadline

For May/June Newsletter

April 17, 2017

Assembly Date

April 26, 2017



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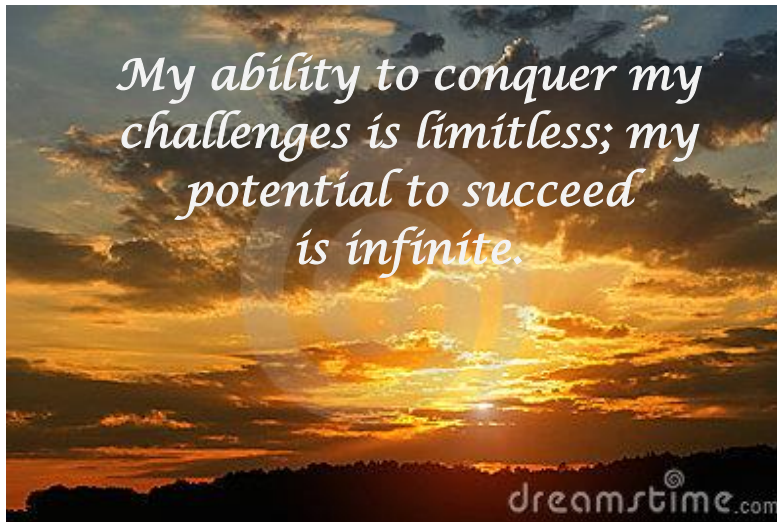
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