

Unity Church of Greater Rochester

A Positive Path for Spiritual Living



April/May 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 see the Face of God wherever I AM"

"And all of us, with unveiled faces, seeing the glory of the Lord (I AM) as though reflected in a mirror, are being transformed into the same image from one degree of glory to another..."

(II Corinthians 3:18)

Dear Fellow Truth Students,

Happy Spring!!! It is a glorious time of the Year! It is the time of the year where we begin to see the activity of joyous rebirth! Robins have been spotted around town. Their songs are heard, announcing the arrival of this "Re-Birth." Each spring offers us a time to sow again." It reminds us that we choose what seeds we wish to plant in the garden of our consciousness. We know that whatever we plant will then germinate and as we water and tend to the seedlings, they will continue to grow so that we may bear the mature fruits of our plantings. It all begins within.

We continue identifying and nurture our Twelve Powers. **April is the month to embrace Divine Wisdom and May opens all Power in God.** We are learning that each power brings its own unique attribute and yet all the powers work together to create a life worthily lived in Christ. Wisdom is the ability to discern and evaluate, Power is the attribute of self-mastery.

Kudos to all who completed and are completing the first 4T classes. The energy that had been created during this class can be felt throughout the church. All of us in the class embraced an increased awareness of our abundant nature as we step into the power of **tithing of our time, talents and treasures.** We see the fruits of that expansion begin to be made manifest in all areas of our lives and the church.

I am so excited to announce that our Prayer Chaplain training begins this month. After a month of training, the Prayer Chaplains will step into the service of keeping the High Watch. Each Prayer Chaplain will prayerfully consider and agree to give one year of service. The Prayer Chaplains will offer monthly wellness prayer calls to all who wish to receive them. On Sundays after service, Prayer Chaplain will be available for individual prayer. The Unity Movement was founded on affirmative prayer and this is a glorious step for church community.

Thank you to all who attended the annual meeting. We bless Larlene Fyles and June Fisher as they step away from the board. We are so appreciative of all that you have done during your three years on the board. Gratitude fills our hearts. A hearty welcome to newly elected Mary Meissner and Javier Bautista. Congratulations to the newly formed board: Mary Ann Ruganis, president; Helen Lutz, vice president; Marilyn Hampton, treasurer; Mary Meissner, secretary; Vada Good, member at large; Javier Bautista, member at large.

Thank you to all who brought their enthusiasm to the first "In the Know" Gathering. It was a delight to feel the energy as we shared our strengths and our dreams and wishes as we move the church forward to be the hands and feet of the Divine.

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



Discover by Sharing

Board of Trustees

Mary Ann Ruganis, President
Helen Lutz, Vice President
Marilyn Hampton, Treasurer
Mary Meissner, Secretary
Vada Good, Trustee
Javier Bautista, 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—Johnnie Dawson/Liz Santa Maria
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 -
Special Events Catering- Larlene Fyles/Vada
Good
Spiritual Healing - Donna Ries
& Vicki Williams, Co-Facilitators
Sign Ministry - Mike Gacek
Social Media - Barbara Boyce
Ushers - Lisa White
Welcoming -
Women of Wisdom - Carlina Dunigan/
Carol Baumeister

April Affirmations

Inner Peace

I am a radiating center of love. I am peaceful and free.

Guidance

Guided by divine wisdom, I soar to new heights
of understanding.

Healing

Divine life renews every cell of my body.

Prosperity

Trusting the prospering power of Spirit, I open to new and
infinite blessings.

World Peace

My expressions of love and compassion pave the way to peace.

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

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

April 3 Village of Fairport
April 10 Dutch Town
April 17 Town of Gates
April 24 Edgerton

May 1 Town of Greece
May 8 Ellwanger Barry
May 15 Town of Hamlin
May 22 Grove Place
May 29 Town of Henrietta





Discover ~ Every Day

April 2

Prayer Chaplain
Interviews

April 3

Community Lunch
Mandala Workshop

April 5 & 12

New Member Orientation

April 17

Sacred Healing
New Member Orientation

April 24

New Member Sunday

May 1

Community Lunch
In The Know Meeting

May 14

Q Process Workshop

May 22

Prayer Chaplain Sunday

Save the Date

July 16

Circulation Day



**Introduction To
Mandalas**

Sunday, April 3
12:15 PM

Maggie Brown will offer an inspiring workshop focusing on using Mandalas as a meditation practice. She will present an overview of historical and cultural examples of mandalas and then guide us through the process of creating our own individual ones. All materials and supplies provided. No artistic experience required. Class limited to 10 people to provide individual attention and expression. Class is offered on a love offering.



Q Process Workshop

With Reverend Kelly Isola

What would life be like if you lived with the deep peace of knowing that nothing and no one is against you? Are you facing work or relationship challenges, co-dependency,

chronic complaining, a sense of powerlessness and frustration, a need to control or be right, fear of failure or success, a lack of motivation, or trouble embracing your shadow or your brilliance? Too often in life we believe that outer circumstances are holding us back, driving us crazy, or causing us pain.

The Q Process can help.

The Q Process is a scientifically validated tool that has been proven to decrease feelings of anxiety and overall anxiousness, and increase feelings of self-compassion while learning how to shift behavior toward a more resilient, healthy expression. The workshop weaves together the latest understandings emerging from brain research and quantum science with the profound spiritual wisdom at the heart of ancient and modern spiritual teachings worldwide.

In this full-day workshop you will:

- Learn how to take the most trying circumstances and put them to use in manifesting your magnificence.
- Open to the full meaning of the spiritual principle: There is only one presence and one power power in the Universe
- Learn how to differentiate your "True Self" from the myths, messages, and beliefs that underlie patterns and conditioning that lead suffering
- Practice using your heart to cultivate lasting behavioral changes
- Leave behind victim thoughts and behaviors and step into a fuller relationship to the Divine, other people and yourself - one filled with connection, compassion and courage.

When we wait for others to change, for outer circumstances to adjust, we give away our sense of wholeness and our very freedom to craft the life our heart desires. Join us for the day to radically shift your consciousness and your experience of life.

Workshop: Saturday, May 14, 10a-4pm

Registration: \$50 includes workshop and materials, plus 3 group coaching sessions by conference call on Tuesdays, May 24, 31 & June 7, 6:00pm-7:30pm CT.



Board Highlights

As I write this article it occurred to me that it could be the last one that I write for you – unless the Board re-elects me to be your Board Secretary again. I have mixed emotions about that...while I have enjoyed having an opportunity to share all of the Board activities with you it takes a fair amount of time to document everything we do!!!

I will miss working with my fellow Board members Larlene Fyles and June Fisher whose terms are expiring. Both of these individuals have contributed so very much to our church in the three years they have served on the Board. They have worked very hard – we wish them well in their future endeavors and hope to see them continuing to offer their leadership skills to our ministry teams going forward.

That said, what has the Board been up to the last two months? Here are the highlights of the many items that the Board addressed and were involved in:

- Created a new annual membership renewal process to make it easier for members to renew while also saving money in postage fees.
- Changed the main church credit card to a corporate account status which will make it easier to make changes going forward.
- Approved a budget for 2016.
- Authorized a \$ 650 expenditure for Lucien Waters Window Insulation And Reseal Service to replace the defective classroom window.
- Approved another phase of the RGE lighting upgrade, this time to replace lights on the outside of the building, The cost to us is \$1290.33 with a 6 month, interest free payment plan from RG&E.
- Agreed to renew our lawn maintenance agreement with Roe Landscaping and approved a \$700 project to trim the bushes around the church property.
- Held the first of what we hope will be many quarterly “In the Know” meetings on February 7th after service. There was a lot of good energy and ideas discussed and the Board is looking forward to having people step forward to take ownership of moving some of the ideas forward.
- Agreed to make church directories available to members of the church. Creation of the directories had temporarily been suspended while we looked at privacy issues. The new membership renew/contact update process requests approval to have personal information included in the directory clearing the way for these to be created and distributed once again. If you are a member and need a directory, contact the church office.
- Addressed several issues with the building and grounds including working with Hawn to troubleshoot problems with the new boiler, fixing a roof leak, getting bids to replace the 40 year old water heater that finally gave out and reviewing a bid to repair the damaged stucco.
- Wondering where our new door is? Seems our desire for a bronze finish has resulted in a delay because the keypad is on backorder.
- Recommended that the Facility Management Team be re-named Facility Management Advisory Team to better reflect the scope of the responsibilities they are currently willing to accept.
- Participated in a Hospitality team meeting that resulted in a revitalized team. The Board is thankful for everyone’s past and future contributions to this very important ministry.
- Looked at options for decreasing the number of parking lot spaces that were being used by other than congregants on Sunday mornings – we are growing and it was becoming more and more difficult to find a spot on Sundays. The Board thanks Dave

Cafalone for volunteering to police the lot. Individuals attending the Graceland Church that meets at the Auditorium was creating most of the issues. Fortunately, this church will be moving just before Easter so we are hoping Dave’s services won’t be needed.!

I do want to reiterate that I consider myself blessed to be a part of this community. I look forward to being on the Board in the coming year...whether it be as your Board Secretary or in some other capacity. Given the caliber of the new individuals that have been nominated to serve on the board I know that we are going to continue to see great things from your Board!

In Love and Service,
Mary Ann Ruganis
Board Secretary

Discover through Leadership

New Members Orientation Unity Basic Class

Tuesday, April 5 and April 12,
6:00 – 8:15 PM (both classes
required)

Or Sunday, April 17, 12:30 – 4:30 PM
(single class)

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
April 24, 10 AM.

A Unity Classic
Discover the Power within You:
A Guide to the Unexplored
Depths Within
Wednesday, April 20, 6:30-8:30 PM

Join us for a 5-week exploration into our inner Self. Unity minister Eric Butterworth embracing Jesus’ teachings and their ability to use them to change your life. Oprah wrote that “this book changed her perspective on life and religion. Eric Butterworth teaches that God isn’t ‘up there.’ He exists inside each one of us, and it’s up to us to seek the divine within.” Reverend Ann facilitating.
SEE credits available
Offered on a love offering bases.

Quarterly “In The Know” Congregational Gathering

Sunday, May 1
Immediately following service

All are invited! Come and Join in the fun as we gather together to share our thoughts and ideas about 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.

Facilitated by Board President, and fellow Board Members



Prayer Team

Congratulations to all those who completed Unity Prayer Class, studying the book “How To Pray without Talking to God”.

Many thanks to those members of our prayer team, both active and inactive, who bless those in need with prayers for such topics as health, finances, peace and wholeness. Special thanks, also, for the active prayer team who join with Rev. Ann in special services throughout the year, answer the prayer phone and distribute by email the prayers to the whole team.

Please feel free to leave a prayer, in time of need, at 473-0910, Prompt #2. All prayers are confidential.

Blessings
Jean Marie Bianco



Noon Meditation

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

Coming this July Circulate Your Abundance

Are you spring cleaning? Are you weeding out clothes?...books?... dishes ? Prayerfully consider adding some of those items to our free-to-all Unity Church of Greater Rochester Yard Sale. Also known as Circulation Day. On Circulation Day we demonstrate our gratitude and reliance on Source. We invite the community to come and take away anything that appeals to them--with our blessing.



The Prayer Chaplains Are Coming

The prerequisite prayer class is over and in April the training of UCGR prayer chaplains will begin.


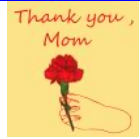
What is a prayer chaplain? Prayer chaplains hold spiritual space. They offer monthly prayers and affirmations to willing congregants via phone or email. When requested prayer chaplains visit hospitals and other structured communities and on Sundays after services prayer chaplains are available for individual prayer. Prayer chaplains see the Christ Presence in every situation. They are a spiritual support getting stronger themselves with every prayer offered.

By June there will be more UCGR Prayer Chaplains within our ranks.
Thank you Universe.

April 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3 10 AM Sunday Service Community Lunch Mandala Workshop	4	5 6 PM New Member Orientation	6	7	8	9
10 10 AM Sunday Service Board Meeting	11	12 6 PM New Member Orientation	13	14	15	16
17 10 AM Sunday Service Sacred Healing New Member Orient.	18	19	20 6:30 PM Discover the Power	21	22 Earth Day	23
24 10 AM Sunday Service New Member Sunday	25	26	27 6:30 PM Discover the Power	28	29	30

May 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 10 AM Sunday Service Community Lunch In The Know Meeting	2	3	4 6:30 PM Discover the Power	5	6	7
8 Mother's Day 10 AM Sunday Service	9	10	11 6:30 PM Discover the Power	12	13	14 10 AM Q.Process Workshop
15 10 AM Sunday Service Rev. Kelly Isola Sacred Healing	16	17 Newsletter Deadline	18 6:30 PM Discover the Power	19	20	21
22 10 AM Sunday Service Prayer Chaplain Sun	23	24	25 Assemble Newsletter	26	27	28
29 10 AM Sunday Service	30 	31				

Discover Relationships

April ~ May Birthdays

Ann Roberts	April 1	Diane Dunkleberg	April 19	Brownwyn Dunning	May 22
David Cafalone	April 4	Sam Thayer	April 21	Mary Ann Ruganis	May 26
Liesl Gaesser	April 6	Jan Sparka	April 22	Jeanne Bowman	May 27
Patricia Woodard	April 6	Laura Sutton	April 24	Anna Mary Chase	May 28
Beverly Bryant	April 7	Nora Powderly	April 26	Kathy Golden	May 28
Johnnie Dawson	April 7				
Kathy Cumbo-Gallagher	April 7	Lucy Miraglia	May 3		
Christopher Brucker	April 8	Elaine Casquarelli	May 3		
Dauida Dawkins	April 8	Joanne Guarnere	May 6		
Johnny Gacek	April 8	Deborah Cooper	May 9		
Jane Faust	April 9	Chris Spridy	May 9		
Eileen Metzger	April 10	Dennis Lutz	May 12		
Beverly Otto	April 10	Lori Goldsmith	May 13		
Venise Cottrell	April 14	Eric Gekoski	May 18		
Carol Cafalone	April 15	Mary Jo TenEyck	May 19		
Andrew Villone	April 16	Michele Benton	May 20		
Debbie Sigrist	April 16	Tally Poulin	May 21		

*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, 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.



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.



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 or www.GoodShop.com

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Submission Deadline

For June/July
Newsletter

May 17, 2016

Assembly Date

May 25, 2016



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