

Unity Church of Greater Rochester

A Positive Path for Spiritual Living



May/June 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 am open to hear of new things."

"See, the former things have come to pass and new things I now declare; before they spring forth, I tell you of them." (Isaiah 42:9)

Dear Fellow Truth Students,

Happy Spring!!! Signs of new birth are blossoming everywhere; tulips, daffodils, azaleas, flowering trees, hurrah! Color is once again decorating our world. Spring has sprung! The world has come alive again. The time of hibernation has come to completion. We move outside and bless the world with our presence.

This Easter was an amazing experience. The church was filled with love and acceptance as we filled the seats almost to capacity. Our Youth and Family Ministry was filled with aliveness as our children grew to over 14. Our voices could be heard on high as we sang out and we claimed, "I rise in You." For many of us, it was a personal, inward expansion we felt at the core of our being. We have truly rolled away the stone of our tomb of limitations and opened ourselves up to receive Blessings Abound. Yet, just like the disciples must have wondered, we are faced with the same question: "Now What?" Where do we take this Easter Experience we've had? Do we leave it at the opening of the tomb as just a moment in time? Or do we allow it to penetrate our existence and allow our lives to be changed at depth? The joy is we get to decide how much goodness we want in our lives. For me, my arms are open wide and even more importantly, my heart is open wide to be all that I can be in and as an Expression of the Living Loving Presence we call God. Join me in seeing God at work everywhere. We Are the expansion of Pure Goodness we are hoping to see.

Thank you to all who participated and attended the Good Friday play, "Those Who Knew Him." You touched our heart in a way that is indescribable. The people in Jesus' life became alive before our very eyes. We felt your love and wonderment of this man who brought teachings that would expand the world, and we heard your pain to have him taken from your lives so soon. The music added to our experience. I still have God bumps move down my arms as I recall the amazing performances. Bless you all.

June 1 begins my third year at Unity Church of Greater Rochester. It has and continues to be one of my greatest gifts to be able to serve this community. We have experienced many changes over the past two years. It is said to change is to grow and without change is to remain stagnant. I can truly say that we grow together daily in our Christ expression and it is expanding throughout our church. It is a lovely sight to see. Thank you for this beautiful opportunity to serve this loving community.

Please look in the newsletter and on our e-blast to find additional activities that can support your spiritual journey. We are an active church, with an abundant of opportunities.

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

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Bruce McClellan, Vice President
Carol Cafalone, Treasurer
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Javier Bautista, Trustee
Vada Good, Trustee
Kathy Dennis Anderson, Alternate

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Venise Cottrell—Office Administrator

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Emily Carpenter, Webmaster
Jane Faust, Accompanist
Marna Rossi, Youth Ed. Dir.

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Bookstore – Joan Miller
Bylaws – Mary Ann Ruganis
CD Recording—Kathy Dennis Anderson
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Directory - Marie Hedrick
Earthkeepers Chair -
Events—Liesl Gaesser
Facilities Management—Mike Gacek
Flowers - Joan Yaeger
Financial Prosperity - Larlene Fyles
Greeters – Kathy Vidas Burgholzer
Hospitality—Johnnie Dawson/Liz Santa Maria
Librarian - Carol Baumeister
Music - Jane Faust/Rev. Ann Frances
Newsletter - Bernie Bowie
Nominating Comm. - Janet Collamer
Photographer - Mike Gacek
Platform Assistants – Donna Ries
Prayer Chaplain - Katherine DaCosta/Jane Faust
Prayer Team – Jean Marie Bianco
Publicity -
Purchasing Agent - Bernie Bowie
Remembrance - Barbara Boyce
Social Outreach - Liesl Gaesser/Bernie Bowie
Special Events Catering- Larlene Fyles/Vada Good
Spiritual Healing - Donna Ries
Sign Ministry - Mike Gacek
Social Media - Barbara Boyce
Ushers -
Welcoming -
Women of Wisdom -

May

I am infused with the peace and Strength of God.

God is my constant guide on my Fulfilling journey through life.

I am a radiating center of divine Life and energy.

The abundance of the universe Flows to me. I accept it with joy And gratitude.

I hold a vision of peace and harmony For the world.

Affirmations

Inner Peace

I attune to God at the center of my being, And I am serene

Guidance

The mind of God enlightens me. I am Wise, courageous, and confident.

Healing

Every cell of my body is aglow with the Light and life of God.

Prosperity

I give thanks to God as my source and supply.

World Peace

I envision all people building a world of Peace on a foundation of love.

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

May 7	Community Lunch	May 22	Open Mic Night
May 12	Leadership Workshop	June 4	Community Lunch Prayer Chaplain Dedication
May 4, 11, 18	Metaphysics I	June 1, 8	Metaphysics I
May 19, 20, 21	Prayer Chaplain Training	June 18	Sacred Healing
May 21	Sacred Healing	June 24	Rock n' Roll Sunday



Rock n' Roll Sunday
is returning
Sunday June 25, 10 AM

Join in the music, tap your toe, Clap your hands,
sing out loud...
Come, Join in the fun!

Join Us



Open Mic Night

A family friendly event where members of Unity Church and the Greater Rochester Community can meet and enjoy a fun filled evening of music, poetry and comedy by local artists.

Featured special guests artists: singer -Fatima, poet - Shaq aor Payne, and comedian—Larry Berger.



Singer -
Fatima



Poet - Shaq aor Payne



Comedian -
Larry Berger

Monday, May 22
7—9 PM
Unity Church of Greater Rochester
Love Offering

Unleash Your Divine Potential through Leadership



Board Highlights

- Implemented new process for Annual Meeting in response to membership suggestions: gather in classroom and eat while conducting the meeting.
- Conducted Annual Membership Meeting.
- Election of Board of Trustee officers.
- Continuing to work on replacing flooring in rooms to be used for the Nursery, as well as modification of the door leading into Nursery area.
- Church carpet cleaned.
- Youth Education staffing: Marna Rossi as lead teacher at elementary level, Liz Santa Maria as lead at Nursery level, and position of unteent lead teacher to be advertised.
- Sunday parking lot supervision by Dave Cafalone to maximize income from Auditorium parking
- Continuing to develop volunteer organizational structure, and, roles and responsibilities of ministry teams. Assigned Board liaisons.
- Approved UCGR tithing be split 30% UWH, 30% UWM, 30% Eastern Region, 10% discretionary sources.
- Continuing to work on developing and instituting "Best Practices" in UCGR policies and procedures, especially in terms of the church's financials.
- Planning a 1 day Board Retreat for July.
- Approved subscription to Empower Music rights.

Respectfully,
Mary Meissner
Board Secretary



Awakening the Power of Leadership Within

With the clarity of insight, leadership is unquestionably, an inside job. When a person intentionally improves self-awareness to a level of objectivity and self-acceptance, they gain mastery over themselves and what holds them back from prosperity. This frees an authentic element of being within that is powerful, influential, and effective. This is a journey of personal evolution and realization of hidden potentialities. We become empowered to see our role in a bigger picture and become ready to awaken that leader within ourselves into passionate, purpose-filled action. Once engaged on this transformative journey, we begin recognizing, reconciling, and realizing our potential. Then, we are able to assist in awakening these leadership characteristics in others.

Once we set foot on that path, we'll want to understand important questions like:

Why am I here?

Why do I continue to fall back into old patterns?

What is the cost of remaining stuck in old patterns?

This workshop is especially designed for: Those seeking personal development; Anyone who hungers for meaningful and purposeful work; and Organizational and business leaders who aspire to rise or continue to rise into leadership positions. All are welcome.

Attendees come away with:

Clear opportunities for personal growth

Tools to support personal evolution

Enhanced leader-within awareness

A metric for assessing leadership consciousness

A methodology for leadership development

A common lexicon for simplifying awakened leadership

Transformational practices that are both pragmatic as well as impactful

Fri, May 12, 2017 - 1:00 PM – 3:00 PM EDT

Unity Church of Greater Rochester - 55 Prince Street Rochester, NY 14607

Tickets: On eventbrite.com

Early Bird by May 2 \$15

Admission \$20

At the Door \$25

The Presenter is Bruce Wayne McLellan

Higher Purpose: Serving the Spirit of Leadership Arising in All of Us.

By integrating knowledge gleaned from a wide variety of subjects, by looking for the best in people and situations, and by challenging our basic assumptions; Bruce personifies an inspiring and versatile catalyst for personal and organizational transformation; instinctively innovating unconventional solutions designed to improve our lives, our businesses, and our society.

45 years as a meditation practitioner

40 years Program Development & Training

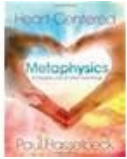
30 years in Corporate America

13 year as a Leadership Coach

1 year as a grandfather

9 days on Mt Kilimanjaro Africa

Unleash Your Divine Potential through Sharing



NEW CLASS Metaphysics 1

Thursday, May 4, 11, 18,
June 1, 8, 6:30-8:30pm

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 book are Heart-centered Metaphysics and Applying Heart-centered Metaphysics offered at a reduced rate soon through our bookstore.



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



Prayer Chaplaincy

Is prayer your passion? Do you hear a calling in your heart to be a Prayer Chaplain. If you think prayer chaplaincy is your mission; Prayer Chaplain training starts; May 19, 20 and 21 --Prerequisite are church membership and the prayer class. Please see Katherine DaCosta or Jane Faust. This training will provide you with all the tools you need to lovingly serve this church in prayer



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 time: Tuesdays at 6—6:30 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](tel:585-530-2308)/e- bruce@brucewaynemclellan.com

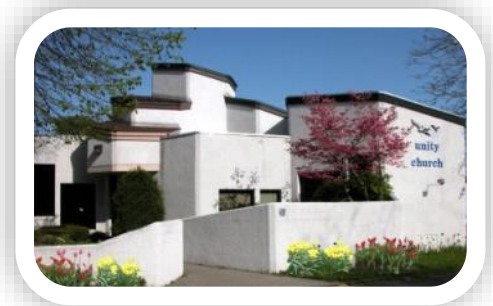


Unity's Men Circle

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](tel:585-530-2308)/e- bruce@brucewaynemclellan.com

Next Meeting:
Saturday May 27, at 10AM
Unity of Rochester
55 Prince St Rochester NY



MAY 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 1	2 10 AM Yoga 6 PM Meditation	3 Noon Meditation 6:30 PM 4T Class	4 6:30 PM Metaphysics I	5	6	
7 10 AM Sunday Service Community Lunch	8	9 10 AM Yoga 6 PM Meditation	10 Noon Meditation 6:30 PM 4T Class	11 6:30 PM Metaphysics I	12 1 PM Leadership workshop	13
14 <i>Mother's Day</i> 10 AM Sunday Service Board Meeting	15	16 10 AM Yoga 6 PM Meditation	17 Noon Meditation 6:30 PM 4T Class	18 6:30 PM Metaphysics I	19 Prayer Chaplain Training	20 Prayer Chaplain Training
21 10 AM Sunday Service Sacred Healing	22 7 PM Open Mic Night	23 10 AM Yoga 6 PM Meditation	24 Noon Meditation	25	26	27 10 AM Men's Circle
28 10 AM Sunday Service	29 <i>Memorial Day</i>	30 10 AM Yoga 6 PM Meditation	31 Noon Meditation			

JUNE 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 1	2	3	4	5	6	7
8 10 AM Sunday Service Community Lunch Prayer Chaplain Ded.	9	10 10 AM Yoga 6 PM Meditation	11 Noon Meditation	12 6:30 PM Metaphysics I	13	14
15 10 AM Sunday Service Board Meeting	16	17 10 AM Yoga 6 PM Meditation	18 <i>Flag Day</i> Noon Meditation	19 6:30 PM Metaphysics I	20	21
22 <i>Father's Day</i> 10 AM Sunday Service Sacred Healing	23 <i>Newsletter</i> Deadline	24 10 AM Yoga 6 PM Meditation	25 Noon Meditation	26	27	28
29 10 AM Sunday Service Rock n' Roll Sunday	30	31 10 AM Yoga 6 PM Meditation	1 <i>Newsletter</i> Assembly Noon Meditation	2	3	4 

Unleash Your Divine Potential

May ~ June Birthdays

Lucy Miraglia	May 3	Veronica Wilson	June 11
Joanne Guarneri	May 6	Virginia Keck	June 12
Dennis Lutz	May 12	Ellen Fabrowicz	June 14
Eric Gekoski	May 18	Rev. Sharon Peters	June 14
Mary Jo TenEyck	May 19	Donna Gainsborough	June 17
Tally Poulin	May 21	Kristina Bianchi	June 20
Mary Ann Ruganis	May 26	Robert Murray	June 20
Jeanne Bowman	May 27	Thomas Warfield	June 20
Anna Mary Chase	May 28	Joan Yaeger	June 20
Kathy Golden	May 28	Tameka Johnson	June 21
		Christopher Gold	June 22
		Paula Fletcher	June 24
Bernie Bowie	June 1	Abby Rose Coughlin	June 25
Laird Smith	June 1	Isobel Gillen	June 28
Michelle Brzeniak	June 2	Mary Richardson	June 29
Vicky Thayer	June 3		
Richard TenEyck	June 4		
John Vella	June 5		

*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>.



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.



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

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.

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.



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

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.

Thank you for keeping our Sunday services fragrance free. 

Submission Deadline

For July/August Newsletter

June 19, 2017

Assembly Date

June 28, 2017



55 Prince Street
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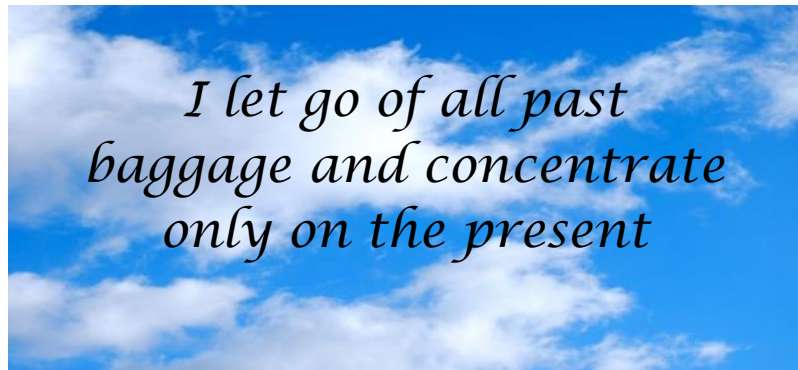
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