

# Christ Church Unity

# Awakening

July—August 2009

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

Dear Unity Students,

I hope you are enjoying your summer time. Here at the church we are blessed right now with red and pink rose bushes blooming profusely, and other flowers as well. Some of the red roses are wider than six inches across. I believe this bush was planted by Mrs. Rosenberg, our founding minister.

Circulation Day was very successful, thanks to our forty-plus volunteers, who gave so generously of their time to organize all the gifts which came in, and to oversee the event on Saturday, June 20. Thank you, and I hope you enjoyed yourself! I am pleased to note that once again the Adult Day Services at Cornerstone, affiliated with Unity Health Systems, found many items for their bingo prizes at Circulation Day. They gave us a very nice thank you card, signed by 31 clients, and containing a generous check as a donation, raised through various bake sales and raffles they had. We are grateful for their gift, and happy they could find some prizes to enjoy throughout the year.

New Horizons continues its invitation to explore with others, in meditation and discussion, our visions of what our church could be like in 2014. These will be held on July 12 and 26 at 9:30 a.m. From these sharings we will flesh out our ministry action plan with more detailed goals and objectives. In a recent meeting, the NH volunteers reaffirmed that we need to develop a publicity committee here. This need has been raised from time to time but it has not been fully answered yet. Is there anyone out there who has interest or expertise in this field, who could help us get our news out more effectively? If so, please contact me or anyone on the New Horizons ministry (Sylvia Barker, Paula Bramwell, Donna Ries, Leslie Wright).

In July I will start offering introductory classes on Emotional Freedom Technique, where I will give a brief opening and then show a training DVD produced by Gary Craig, founder of EFT. EFT is a healing tool, based in energy medicine. It is a tool that anyone can learn to use on his or her own, to heal painful memories, release traumas, etc. The uses of this tool are extremely varied. I see it as a way to clear the energy body of negative energy which has accumulated, so that our energy bodies can be more open and available to the Christ energy for its expression through us. Please see the article in the newsletter which gives more details.

Our Prayer Ministry is growing, and a series of training classes is being given on July 11, 26 and August 8. Please sign up or see Jane Faust if you would like to attend.

We have two opportunities with outside speakers coming here to share their spirituality: Moni and Tomas sharing the wisdom of **Living Presence on July 9**, and Jackie O'Keeffe speaking here on **August 21**. **Please see the flyers inside. The public is welcome;** please share this information.

**Don't forget the CCU night at the Redwings game on August 28!** This year it will be on a Friday night so that we can see the fireworks. Watch for announcements about when to purchase tickets.

As always, your presence here is appreciated. We look forward to seeing you when you are able to attend. We also remember our homebound members and friends in our prayers. May everyone enjoy these summer months fully. Your next newsletter issue will be published in September. Until then, please consult our website and Sunday bulletins for up to date news.

With love and blessings,  
Rev. Eleanor

# *Awakening to the Truth of Abundance*

As part of our Thriving in Unity program we will be offering a book study on Edwene Gaines' book, *The Four Spiritual Laws of Prosperity*. Rev. Gaines is a well known teacher and author in the Unity movement, whom I had the pleasure of meeting in 2005 at the Prosperity Summit at the national Unity convention.

Our board of trustees is at present engaged in a study of this book, and I will be offering a class on it for anyone in the church in early Fall.

Below are some quotes from the book which you may find thought-provoking. If you sign up for the class you will have the opportunity to go into these more deeply and discuss your thoughts with others.

**“And whatsoever ye shall ask in my name, that will I do, that the Father may be glorified in the Son.”** (John 14:13) . . .The promise is so straightforward, and there are no qualifiers. . . .In the name of this indwelling Christ, this indwelling Christ will do for you so that you can glorify God.” (emphasis mine) (pp. 24-25).

**“ . . .you must accept the premise that it is not only acceptable to have desires, it is necessary. In his book, *Prosperity*, Charles Fillmore states that ‘desire is the onward impulse of the ever evolving soul.’ It stands to reason then that if we are evolving souls, then our desires- the longings of our hearts –are what propel us forward into the life experiences required for an evolution of consciousness.”** (pp.78-79)

**“One thing that comes out of myths is that at the bottom of the abyss comes the voice of salvation. The black moment is the moment when the real message of transformation is going to come. At the darkest moment comes the light.”** (quoting Joseph Campbell) (p. 91)

**“Jesus said, ‘Ask and ye shall receive.’ He did not say, ‘Make me guess.’”**(p. 95)

**“ . . .peace of mind is not a goal. Peace of mind is a choice.”** (p. 95)

**“each time you push yourself through your fears, you unfold that person within and take one step closer to being the powerful and unstoppable creature that you were brought here to Earth to be.”** (p.111)

**“One of my favorite quotations is, ‘Courage is the commitment to begin, without any guarantee of success.’ . . .*If there’s a way out, it’s not a commitment.*”**

I invite you to plan to join me for this book study in the Fall. Copies of this book are available in our bookstore; I recommend it for your summer reading.

Bright Blessings, Rev. Eleanor

# Awakening In Time



July 8, 19, 22  
Emotional Freedom Technique

July 9  
Meeting with Moni & Tomas  
Living Presence

July 11 and 26  
Prayer Ministry Training

July 12, 26  
New Horizons Discussion

July 17, 24  
Oneness Blessing

August 1  
Basement cleanup part 2  
9:30 –1:00

August 7, 14  
Oneness Blessing

August 8  
Prayer Team Training

August 21  
**Evening with Jackie O'Keefe**

August 28  
CCU Redwings Baseball

## Upcoming Events

September 10  
Unity World Day of Prayer

September 27  
CCU Picnic

Edwene Gaines' *The Four Spiritual Laws of Prosperity* facilitated by Rev. Eleanor Celentani



Photo by Mike Gacek



## Awakening

### July/August Affirmations

Inner Peace  
I feel the peace of Spirit in this moment.

Guidance  
Divine light illumines my way.

Healing  
I am whole and well in mind and body.

Prosperity  
I live an abundant life and claim my good now.

World Peace  
**We are peacemakers, expressing God's love in the world.**

### Thank you for joining in "Rochester Prays."

Communities of Focus—Week of  
July 5—Park /Meigs  
July 12—Irondequoit  
July 19—Plymouth/Exchange .  
July 26—Mendon  
August 2—Susan B. Anthony  
August 9—Town of Ogden  
August 16—Strong Neighborhood  
August 23—Town of Parma  
August 30—Swillburg

### 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 hospitalized so that we can pray with you.

Silent Unity: 1-800-669-7729

# Awakening to Prosperity

We express our love and thanks to those who have brightly shared their light with us in the following ways in recent weeks:

- ◆ Those who helped with folding and mailing the June newsletter: Sylvia Barker, Bev Markham, Rev. Eleanor Celentani, Jeanne Gagne, Peggy Harvey, Linda Grape, Chris Spridy and Bernie Bowie;
- ◆ Jane Faust & Sharon Peters who presented a fine service on June 7;
- ◆ Those of you who donated to our food box;
- ◆ Sandra Weatherup & Greg Howard who added to our church gardens;
- ◆ Mike Gacek for replenishing our gardens with water;
- ◆ Bob Gajewski who provided technical services for Rev. Eleanor;
- ◆ **Marie Hedrick who created a poster for the Sunday School for Father's Day;**
- ◆ A special thank you to the Basement Clean-up Crew for all your hard work on 6/13: Paula Fletcher, Bob Gajewski, Marie Hedrick, Donna Ries, Leslie Wright, Joan Yaeger, **It's a dirty job, but somebody has to do it!!**
- ◆ Everyone who helped with Circulation Day: Sylvia Barker, Carol Baumeister, Jean Marie Bianco, Bernie Bowie, Barbara Boyce, Dory Braun, Carol Cafalone, Lisa Cashmere, Venise Cottrell, Johnny Dawson, Jane Faust, Paula Fletcher, Larlene Fyles, Jeanne Gagne, Donna Gainsborough, Anita Gaiteri, Sammy Gaiteri, Bob & Paulie Gajewski, Linda Grape, Marilyn Hampton, Marie Hedrick, Tom Hyldahl, Bev Markham, Jackie McCullough, Marcel McGregor, Jeanne Noce, Joanie O'May, Sharon Peters (Son, James & Daughter, Sasha), Cheryl Randall, Donna Ries, Marna Rossi, Johanna Rooney, Dick & Mary Jo TenEyck, P.J. & Joanie Trahan, Dick & Else` Vella, Tom Walsh, Sandra Weatherup, Leslie Wright.
- ◆ **Ann Robertson who made the twelve powers bookmarks for Father's Day mementos.**

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

Richard TenEyck – he fills many roles: counting the Sunday offering, greeter, EarthKeeper, orchestrating key portions of the holiday Prosperity Project, providing stunning flower arrangements for the Sanctuary, baking treats for receptions (and sharing the recipe!). As importantly, Dick provides quiet support in countless helpful ways (moving chairs, picking up lunch for the Board, toting tables, sharing gardening advice, and so on) often before being asked. Thanks for all you do, with such gracious generosity of Spirit.

~ Leslie Wright



*Divine Love richly provides everything now.*

# Awakening through Leadership



Highlights from the Board

The Board of Trustees met on June 7, 2009

We have been offered an opportunity to **host a program, called "Oneness Blessing" at our church. It is a transmission of healing, peaceful energy.** The first one was held at the end of May. The board feels this will be a positive thing to hold at CCU. The Board suggested a three-month probationary period, with one Board member present at each one. Others are also invited to attend.

David Mercer, Vice President, scheduled an **"Energy Audit" with NYSERG, for every part of our building.** The company will analyze all the data and get back to us within a reasonable time and let us know what changes we need to make for the building to be more energy efficient. This will all be coordinated with the Planning and Beautification and remodeling of the sanctuary, lobby and Sunday School room.

The Board has finalized a policy and procedure regarding the use of keys at CCU. It will be implemented in the spring of 2010.

The Board is in the process of completing the evaluation process for the minister by the end of June.

Respectfully submitted,  
Marie Hedrick

Message From the Board

(Note because this is a combined issue there are 2 Board contributors)

It's funny, when given no topic in particular and told to write, I simply cannot find anything to put down on the paper. It astounds me as I am usually very chatty. I am so grateful that no matter how blank I feel at times, I can remember and tap into the Divine in me and suddenly I am in full bloom with love flowing freely on my page.

Have you ever experienced feeling blank or being at the end of your tether with hardly any energy to give and then someone comes across your path with a question, or a need, and somehow, you find the words, energy, love, or the time to assist them? That is God working through you. And I can know that God is always with me...even when my ego tries to convince me otherwise. If we tap into our Divine, then we will always have what is needed in each moment to express that love. God is ever present in our lives, and since God resides in us, then we are all full expressions of that love. God's love, as our love, is steadfast.

And there is such beauty in that knowing. God is unlimited in love. God expresses that love at all times in our lives. We all choose different forms of expression, but we are all in Oneness. We are, in and of itself, a full expression of God at all times, even in those times when we hide or shy away from this knowing (like when I tried to convince myself that I had nothing to say).

Now that summer is in full swing, in the midst of mowing, gardening, camping, summer outings, we can celebrate our spirit through our activities. Perhaps there may be times when we can find no words, but in those times we do have actions. And when we are loving,

we are expressing the Divine. It's touching and wondrous that at all times, we are a full page written by God's very hand.

I suppose I did have something to say after all. Who knew?

With love and light,  
Sharon

EGO ... I've heard it used as an acronym for Edging God Out. How often I do that! I always try to be loving, compassionate, giving, joyful ... but do I do it from a place of God and not Ego? I think for me at least, I try to and do not always necessarily succeed. But when I enter a situation prayerfully, I have a better chance of it. When I meditate I go to a place of God and have a better chance of it. It is when I get caught up in the "craziness" I sometimes call my life and do not pray and meditate, when my ego pushes God aside and says "I've got it here". Ha! little does that ego know who's really in charge ...

In Love and Light,  
Paula Fletcher

I am expressing my love for God through acts of kindness toward others.

# Awakening through Action



Thriving in Unity

Are we living into the full potential of Unity principles? The Thriving in Unity program, created by the Association of Unity Churches International, is designed to help us move into that vision. Some good news for the church right now is that your Board of Trustees is actively engaged in a study of *The Four Spiritual Laws of Prosperity*. **We are learning that “together with the minister, the board serves as a resonant core, setting the vibration or consciousness at the core of the ministry that in turn affects the vibration or consciousness of the organization as a whole.” Our focus is on the issues of forgiveness, living into divine purpose, setting goals, and tithing for our ministry.** There will be an opportunity for a more personal application of this study when Rev. Eleanor offers it to the whole congregation in September and October. This study is under Benchmark #10, Practice of Thriving.

I would invite you to join me in creating a core group of members interested in strengthening our Welcoming Practice, Benchmark #3. There is a lot of interest in this area, but frankly, leadership has been difficult to establish. Do you have ideas for approaching this differently? Are you inspired to intentionally help new people find their way around, make friends, or connect with a small group study? Please let me know of your interest and ideas, either as a member of the group or as a leader. You can contact me personally after church, by email, phone call, or a note in the mail.

Are you interested in the Christ Church Unity web site? How can we make this outstanding service better? Is it truly helping seekers to get connected with all that CCU and Unity have to offer? Do users find clarity, currency, ease of use? Should we be considering some social networking options? To get involved with Benchmark #4, The Web Site, contact Mike Gacek.

There is a lot of interest among our leaders around Benchmark 9, Peacekeeping. We are looking forward to a significant percentage of the congregation joining in this valuable study in either January or Feb-

ruary. Using *Eye of the Storm*, by Rev. Gary Simmons, we hope to foster a culture of peaceful and respectful communication and relationship for ourselves and our interactions with the greater community.

From the mission statement of **Christ Church Unity, I embrace “Recognizing our divine nature, we create a nurturing environment of spiritual freedom where all can develop their spiritual potential for lives overflowing with blessings.” Speak to any of the trustees about how Thriving in Unity can help us bring this into fruition.** The trustees each have a folder we can share that outlines the benchmarks. Or, you can visit [www.thrivinginunity.org](http://www.thrivinginunity.org). Let us know of your interest and ideas.

The Thriving Ministry Model Workshop

With fifteen members of Christ Church Unity in attendance, the Unity Center of Practical Christianity in Buffalo, N.Y. hosted an inspiring workshop led by Rev. Dr. Gary Simmons on May 1 and 2<sup>nd</sup>. We were among over sixty participants from Unity churches in Canada and Western New York. Attendance at the Thriving Ministry Model Workshop fulfilled Benchmark 2 of our Thriving in Unity program, but we came home with much more than the completion of that simple goal.

Using slides, lecture, movies, and activities, Rev. Simmons helped us to envision a new paradigm in church ministry. Moving from a pastor-centered model, which defines most of our current models, to a thriving community-centered model, would require shifts in our culture, our organization, our consciousness, and the ways we relate to each other. The advantages include increased consciousness and ownership of the church by more than fifty percent of the members, increased organizational integrity, and more opportunities for everyone to be **caregivers and “mirrors” for each other.** During the weekend, we experienced opportunities to explore **“Who we came here to be,”** and activities to help us define accountability.

On Sunday morning, May 10<sup>th</sup>, most of the workshop participants from CCU gathered to discuss our reactions to the work-

shop contents. There is real interest in sharing the ideas with more of our present congregation, beginning with those currently in leadership positions. In fact, the two Board members who were unable to attend, have now met with Mary Jo TenEyck twice to familiarize themselves with the model. We also plan to stay in touch with AUCI, as it develops units that support the experience of moving congregations into a new paradigm of ministry. In the next three years, around fifteen Unity churches will be involved in a pilot program aimed at guiding them through this transformation experience. Sometime in the future, the congregation of CCU can decide if this is a model that we would like to achieve. In the meantime, we can begin sharing and using some tools to increase accountability, and more closely align our activities and practices with our vision and mission.

Want to know more? Those in attendance were: Rev. Eleanor, Paula Fletcher, Marie Hedrick, Greg Howard, David Mercer, Kathi Moon, Terry Moon, Donna Ries, Catherine Smith, Mary Jo TenEyck, Dick TenEyck, Elsé Vella, John Vella, Sandra Weatherup, and Leslie Wright.

All Thriving in Unity information can be viewed at [www.thrivinginunity.org](http://www.thrivinginunity.org).

Submitted by Mary Jo Ten Eyck

Come Join the Sunday School Helpers!

Do you enjoy seeing our wonderful children join the worship circle every Sunday with their amazing projects and messages? Consider becoming one of the Sunday School helpers. We sign up on the calendar by the Sunday School room door and show up to assist Marna on our scheduled Sunday. Sometimes it is watching a pre-school child, sometimes assisting with individual needs. Always, Marna plans the lesson and is in charge of the program. See Marna to find out more about her creative program and how you can join our team of helpers. Many hands make a light schedule!

# *Awakening through Living—Giving—Learning*

## *July Birthdays*

Tim DuBois	July 3
Stephen Bohn	July 4
Ed Jacques	July 5
Helen Pancoast	July 9
Gabe Rivera Sr.	July 9
Janet Collamer	July 10
Kathi Moon	July 11
Lisa Ryan	July 11
John Roberts	July 18
Marillyn Wise	July 18
Hallie Sawyers	July 19
Sandy Baker	July 22
Stacey Herman	July 27
Scott Musica	July 28
Chuck Golden	July 29
Sandra Weatherup	July 30
Rick Orlando	July 31

## *August Birthdays*

Stanley Marshall Jr.	August 2
Linda Waterman	August 2
Mary Ellen Lundy	August 2
Bonnie Jeffe	August 3
Lisa Cashmere	August 4
Donna Ries	August 6
Myrtle Fillmore	August 6
Lisa Jacques	August 10
Loretta Callahan	August 10
Josephine Hendricks	August 11
Marna Lee Rossi	August 11
Deborah Houpert Nobles	August 12
Rick French	August 13
Elizabeth Crawford	August 14
Steve Baker	August 16
Larry Fogarty	August 19
Garry Britton	August 20
Charles Fillmore	August 22
Richard B. Lieb	August 23
Terry L. Moon, Sr.	August 26
Colleen Fiscus	August 27
Bob Nobles	August 28
Sandy Melloch	August 30

*Happy Birthday to you...  
God is blessing you now!  
Live Abundantly!*



## *On-Going Events*

The Drumming Circle meets the last Saturday of the month, 1-3 PM. Love offering.

Rev. Eleanor recommends the following two classes for students who already have a background in Unity or metaphysics.

The David Hawkins discussion group meets every Saturday from 10 AM—Noon. The next discussion is July 11, 2009.

A Course in Miracles (ACIM) class led by Dijana Winter, meets on Tuesdays, 7-8:30 PM. For more information, call 585-703-1914. \$13/session; couples \$22/session.

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



### CCU Library

Please return all borrowed materials!

Books are always on sale for \$1 in the library. Thank you.

### Online Donations



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

Thank you for keeping our Sunday services fragrance-free.



You may listen to recordings of our Sunday lessons and meditations on our website, [www.unityrochester.org](http://www.unityrochester.org). Click on *Minister's message*.

Submission Deadline  
For September Newsletter  
August 20, 2009

Assembly Date  
August 27, 2009

# Awakening through Study and Dialogue

## Oneness Blessing

Christ Church Unity is pleased to host facilitators Linda Hilliker and Kathy Lewandowski as they offer the experience of Oneness Blessing to the Rochester community. During June, July, and August they will offer the blessing twice monthly and if there is continued interest, the opportunity will be expanded. Coming dates and times are Friday evenings from 7:00-8:00 on July 17, July 24, August 7 and August 14. A love offering of \$10 is

suggested.

According to the Oneness Movement, **“the Blessing, also known as Oneness Deeksha, is an intelligent energy directly transmitted by a Oneness Facilitator to a receiver. This experience opens the heart and brings a shift in perception where one realizes the sense of a separate self is an illusion. The Oneness Blessing is not a mere concept. It is an experience of Oneness with all creation and with God.”**

The Oneness Movement is a non-profit organization inspired by the guid-

ance and blessing of Sri Amma and Sri Bhagavan, whose mission is to set humanity unconditionally free. The Movement seeks to help people from all nationalities and walks of life to discover the truths of their own nature through personal experience and heart-awakening.

Trustees Paula Fletcher and Mary Jo TenEyck hosted the first two opportunities for Oneness Blessing in June and are willing to share their experiences. All are welcome to attend. More information can be found at [www.onenessmovement.org](http://www.onenessmovement.org).

## Invitation to Prayer Team Training

We invite those who feel drawn to the Prayer Team Ministry, or Prayer Chaplaincy, to join us for a series of four training sessions in June, July and August 2009. This class is also open to anyone who wants to learn more about prayer in Unity, but not necessarily desiring to be on the Prayer Team. People interested in Prayer Chaplaincy are requested to first take the Prayer Team training and serve on the Prayer Team.

When: Saturday, July 11, 12:45 PM; Sunday, July 26, 12:45 PM.; Saturday, Aug. 8, 12:45 PM. *Attendance at all four sessions is strongly encouraged, due to the practice element which will be afforded.* Voluntary love offerings will be graciously accepted.

Each class will be one hour and will include *instruction, discussion, and*

*practicing prayer* during the class. There are also *required readings* from *Come Ye Apart Awhile*, which will be provided. Rev. Eleanor Celentani and Jane Faust will co-lead this class. Another highly recommended book is *Handbook of Positive Prayer*, by Hypatia Hasbrouck. Two copies are available in the CCU bookstore.

Topics to be covered include, but are not limited to:

- The starting point for prayer is recognizing Truth
- Sensitivity to the feelings of the person seeking prayer help
- Holding the positive vision
- Using Unity language
- Practicing Silence and Peace
- Not giving advice
- Persistence in Prayer
- God is the power, not us
- Denials and affirmations; when to use, how to formulate them

- Working with the monthly prayer list; how to make it a habit
  - Confidentiality
  - Mechanics of service on the prayer team: picking up prayer intentions on the phone line; being present in Sunday service
  - Qualifying to work in the Prayer Room
- Affirmations from Rev. Leilanni Burt, who developed the Prayer Chaplaincy Program in use in many Unity churches.

If you would like to participate, please sign up at the front counter, or give your name to Jane Faust. Any questions may also be directed to Jane.

**“My house shall be called  
a house of prayer.”**

**Matt. 21:13**

Thank you for your interest! We look forward to sharing these sessions with you.

## Planning and Beautification Update

The Planning and Beautification Team continues to work towards meeting our goals as set forth at the March Annual Meeting. As an update: We have been exploring and coordinating the possibilities within the amount budgeted for renovations. Currently the scope of renovation is as follows: New Ceilings and Lighting for the

Lobby and Classroom; New Carpet for The Sanctuary, Bookstore, Lobby and Classroom; New Painting for the Sanctuary, Bookstore, and Lobby. New Seating for The Sanctuary.

As funds become available, we would also like to:  
In the Sanctuary, Rebuild the Stage

Area;  
In the Lobby and Classroom, New Furnishings and Decor;  
Modernize the Restrooms, Kitchen and Service Hallway Areas.

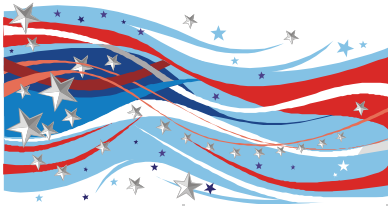

~ Terry L. Moon, Sr., Chairman



*The finished works of Divine Love now appear.*

# July 2009

Sun      Mon      Tue      Wed      Thu      Fri      Sat

			1	2	3 7:30 AM Overeaters Anonymous  Church Office closed for Holiday.	4 Independence Day 
5 11 AM Sunday Service	6 7:30 AM Overeaters Anonymous	7 7:30 AM Overeaters Anonymous  7 PM ACIM	8  7 PM Emotional Freedom Technique	9  7 PM Moni & Tomas Living Presence	10 7:30 AM Overeaters Anonymous	11 10 AM Hawkins Group 12:45 PM Prayer Team Training
12 9:30 AM New Horizons 11 AM Sunday Service	13 7:30 AM Overeaters Anonymous	14 7:30 AM Overeaters Anonymous  7 PM ACIM	15  5:30 Board Meeting	16	17 7:30 AM Overeaters Anonymous  7 PM Oneness Blessing	18 10 AM Hawkins Group
19 11 AM Sunday Service 11 AM Teen Friendship Group 12:45 Emotional Freedom Technique Video	20 7:30 AM Overeaters Anonymous	21 7:30 AM Overeaters Anonymous  7 PM ACIM	22  7 PM Emotional Freedom Technique	23	24 7:30 AM Overeaters Anonymous  7 PM Oneness Blessing	25 10 AM Hawkins Group 1 PM Drum Joy
26 9:30 New Horizons 11 AM Sunday Service 12:45 AM Prayer Team Training	27 7:30 AM Overeaters Anonymous	28 7:30 AM Overeaters Anonymous  7 PM ACIM	29	30	31 7:30 AM Overeaters Anonymous	

## Awakening Through Community



### Teen Friendship Group

The next meeting of the Teen Friendship Group will be Sunday, July 19, at 11 AM in the Sunday School room. They are accepting new members. Please contact Jackie McCullough for more information.

### Fun Club

The Color Purple is coming to the Auditorium Theater this October. If you would like to go with a group from Unity, please contact Sylvia Barker.



### Unity Church Baseball Night

Friday, August 28 is our night to get together for some fun at the Rochester Redwings baseball game. The Wings will be playing the Buffalo Bisons, game time is 7:05 PM and fireworks following the game. Tickets will go on sale for \$5.50 starting Sunday, August 2 through August 16.



## Awakening Through Study

### Emotional Freedom Technique

Rev. Eleanor will offer 3 repeat sessions of an introduction to the Emotional Freedom Technique, on 2 Wednesdays, July 8 and 22 at 7:00 p.m. and on Sunday, July 19, at 12:45 p.m.

This healing tool, referred to as EFT, works with the energy body to release the buildup of limiting or painful energy which arose in the past due to traumatic events. When these energy blockages are released, greater wellbeing results.

The technique uses a combination of tapping on the physical body, similar to acupuncture but without the needles, and spoken statements of release or affirmation.

Rev. Eleanor feels that from a spiritual point of view, the release of painful or fearful energies creates a more open vessel for your Christ power to work through. For this reason offering this class is a way to help all of us awaken to our divine potential, as expressed in our Vision Statement.

In the interests of having this training be as clear and correct as possible, Rev. Eleanor will give a short introduction and then play a training DVD which was produced by Gary Craig, originator of EFT. This video is used by both professional practitioners and lay people when they learn EFT.

One of the beauties of EFT is that anyone can learn to use it for himself or herself. Even children as young as 8-10 years old have learned how to tap. For more information please consult Gary Craig's website, [www.emofree.com](http://www.emofree.com).

If you would like to attend, please enter your name on the sign up sheet so that we can plan for proper seating. Class is given on a love offering basis.

If there is sufficient interest, Rev. Eleanor will set up future viewings of other DVDs in the series, containing more advanced material.



## 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!

The David Hawkins Group at Unity continues to be a popular and enjoyable opportunity for inquisitive people to dive deeper in their search for greater clarity and understanding of spirituality and their own vital role in it. Utilizing videos and writings from well known New Thought and non-duality teachers, in combination with open and lively group discussion, a more fascinating way to spend two hours on a Saturday morning would be hard to find anywhere! Fresh coffee and refreshments are always on hand, along with the smiling faces, on just a love-offering basis. See you on Saturday from 10 am-noon! ...

The David Hawkins Group, and Les Collins, facilitator.

### Financial Prosperity Ministry

The focus of our efforts this summer include: Mid-year budget review

**Reviewing our operation's finances, with particular emphasis on effective spending and potential savings**

Finalizing procedures for Purchasing Agent position

Finalizing standards and guidelines for CCU finances

Working on interfacing with other ministries over financial matters.

### Planning & Beautification Ministry

Our ministry held two pivotal meetings with our design consultant to finalize the grand decorating scheme for the sanctuary, lobby and multi-use room. This summer we will detail the budget for the various renovations and schedule work with the funds already approved. The need for targeted fund-raising will be considered to complete all the plans.

Submitted by Leslie Wright

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.



*New Horizons*

Christ Church Unity has a vision, and a mission. The values we share as a church community have been defined. Now we are preparing to finalize our Ministry Action Plan, which comes forth from the Vision, Mission and Values.

**Wouldn't you like to delve in deeper with the objectives and goals of the Christ**

Church Unity Ministry Action Plan, to make it the very best for realizing our vision of being all that we can be by 2014?

At our April 19<sup>th</sup> congregational meeting we began discussion of the proposed five areas of ministry along with particular goals for each area. As a result of that meeting, the New Horizons team has committed to offering 4 Sunday morning focus discussion sessions to determine the specific objectives for each goal. The goal areas are:

July 12: Leadership & Teaching

July 26: Teaching & Community Building

We will meet at 9:30 AM prior to Sunday service to receive your ideas on specific, measurable activities or objectives to include in each of these areas. We will begin with a short meditation at 9:30 a.m.

This schedule, which will have two separate discussions per day, will hopefully provide everyone the opportunity to attend each focus group.

The objectives for Environmental Stewardship will be further developed in a separate format.

It is our goal that everyone interested will take this opportunity to help us fine tune the Ministry Action Plan. Please plan to attend; we hope to see you there!

*Donna Ries, Leslie Wright, Sylvia Barker, Paula Bramwell, Rev. Eleanor Celentani  
The New Horizons Team*

Our Board of Trustees  
Mary Jo TenEyck, President  
David Mercer, Vice President  
Sharon Peters, Treasurer  
Marie Hedrick, Secretary  
Paula Fletcher, Trustee  
Paulie Gajewski, 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  
Bylaws– Bob Gajewski  
Circulation Day – Paulie Gajewski  
Earthkeepers—Mike Gacek  
Financial Prosperity - Leslie Wright  
Greeters – Jackie McCullough  
Librarian/Fun Club - Sylvia Barker  
New Horizons - Donna Ries  
Newsletter - Bernie Bowie  
Nominating Comm. - PJ Trahan  
Photographer – Mike Gacek  
Planning/Beautification -  
Terry L. Moon, Sr.  
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

Thriving In Unity Benchmark Chairs  
Benchmark #3—  
Benchmark #4—Mike Gacek  
Benchmark #6—Jane Faust,  
Sharon Peters  
Benchmark #11—Joanie Trahan  
Benchmark—#12—Paula Bramwell





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Two—minute recorded prayer message

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

\* \* \* \* \*  
 \* \* \* \* \*  
 \* "There is no difficulty that enough love will not conquer; no disease that enough  
 \* love will not heal; no door that enough love will not open; no gulf that enough love  
 \* will not bridge; no wall that enough love will not throw down; no sin that enough  
 \* love will not redeem.  
 \*  
 \* "It makes no difference how deeply seated may be the trouble, how hopeless the  
 \* outlook, how muddled the tangle, how great the mistake; a sufficient realization of  
 \* love will dissolve it all. If only you could love enough you would be the happiest  
 \* and most powerful being in the world."  
 \*  
 \* ~ Dr. Emmet Fox, *Power Through Constructive Thinking*  
 \*  
 \* \* \* \* \*

# Awake presence is our natural state

Moni & Tomas both awakened to this truth,  
they share directly what is *living presence*

Join them in a deep exploration of this  
essence through dialogues and spaces of  
silence ~ *satsang*

Moni & Tomas teach with the blessings of  
Eckhart Tolle (*The Power of Now & A New Earth*)  
and Pamela Wilson (spiritual teacher)

Living Presence



meetings with  
**Moni & Tomas**

**Rochester** July 9, 10, 11

## July 9 ~ Evening Meeting

Thursday 7:30pm - 9pm \$15

**Christ Church Unity,**

55 Prince Street, **Rochester, NY** 14607

For info contact Les Collins

email: collins\_les@yahoo.com

phone: 585.410.5235

## July 10 & 11 ~ Intensive

Friday 7:30pm - 9pm \$15

Saturday 10:30am - 4:30pm \$75

2775 Bronson Hill Rd, **Avon, NY** 14414

For info contact Sevaste Spaker

email: noharm@frontiernet.net

phone: 585.346.0396

**\*Private sessions are available\***

Full list of dates ~

Rochester, NY ~ July 9, 10, & 11

Buffalo, NY ~ July 12

Ithaca, NY ~ July 14 & 15

Toronto, ON ~ July 17 & 18

**[www.livingpresence.ca](http://www.livingpresence.ca)**



# An Evening With Jackie O'Keefe

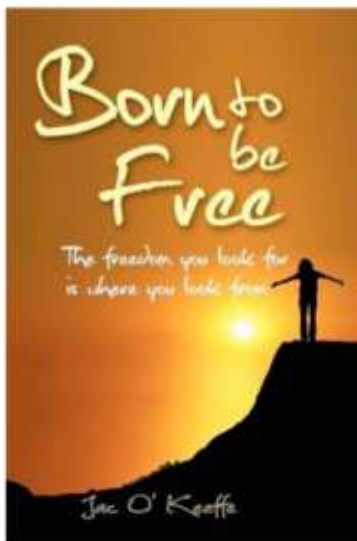
Friday Aug 21<sup>st</sup>  
7:00 pm – 9:00 pm

At Christ Church Unity  
55 Prince St. - Rochester, NY

Delightful and engaging spiritual teacher from Ireland via India on her first US book tour celebrating her new book: **“Born to be Free”**. Don't miss this rare opportunity to open to new depths of spiritual understanding and peace and have fun while doing it!

For Info Contact: Les Collins (585-410-5235) [collins\\_les@yahoo.com](mailto:collins_les@yahoo.com)

Cost for event: \$15 payable at the door.



## **PLUS: Intensives Schedule**

Saturday Aug. 22: 11:00am - 5:00pm (\$75)

Sunday Aug. 23: 11:00am - 5:00pm (\$75)

*[We'll be eating in, so please bring a dish to pass for each day. Drinks, snacks, scenery & smiles provided.]*

At: **Sevaste Spaker's House**

2775 Bronson Hill Rd, Avon, NY 14414

*For Info Contact:*

**Sevaste Spaker**

[noharm@frontiernet.net](mailto:noharm@frontiernet.net) (phone: 585.346.0396)

or **Les Collins**

[collins\\_les@yahoo.com](mailto:collins_les@yahoo.com) (phone: 585.410.5235)

Born to be Free is your invitation to carefully look at what is beyond your mind, thoughts and beliefs. It clearly unravels the mystery of who and what you really are. It is revolutionary in how it shatters the myth that your spiritual path can lead you to an attainable goal. Born to be Free is a must read for all who search for truth and inner direction. It exposes the true nature of total happiness, freedom and uninterrupted peace.

“The purpose of these satsangs is to reveal who you are. Satsang is an invitation to step away from the unconscious captivity of your own thoughts.” ...Jackie