

Unity Church of Greater Rochester

A Positive Path for Spiritual Living



July/August 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.

“My crops are planted and I am preparing for my harvest.”

“Thus the Lord God showed me, and behold, there was a basket of summer fruit.”(Amos 8:1)

Dear Fellow Truth Students,

Summer is here!!! Yeah God!!! Rochester has once again come alive with outdoor festivals and musical events.

This week I've been contemplating the seasons of planting to harvest. In the spring, the farmer tills the ground making the soil ready to receive seeds. The seeds are now planted. In the summer, the fields are cared for, watered and weeded. Harvesting is yet to come. What about our minds and our lives? What seeds have you planted in your consciousness? Are you tending those gardens and watering the seeds you wish to come to fruition? Will you celebrate the harvest? We are always planting and feeding something. We can do it consciously or haphazardly. We are always reaping the benefit of our plantings. My invitation to all of us is to be conscious creators, creating gardens of lush abundance for our individual lives and for our church community. We decide what we want to give our energy to. If you haven't consciously planted, the time may be now. If the seeds are in, are you tending to your garden of thoughts and weeding out the ones that are not productive? We would not want weedy thoughts to take over? Are you ready with open arms for a bountiful harvest? A harvest beyond imagining. I know, I Am! Join me as we tend our gardens with like minds.

Another garden is being planted! Exciting things are happening in the Unity movement. In August, Unity Worldwide Ministries (formerly association of Unity Churches) will be moving back onto Unity Village campus. Unity Village is the home of Unity Worldwide Headquarters which encompasses Silent Unity, Daily Word and Unity Magazine publications among others and the retreats and Nehemiah projects. Unity Worldwide Ministries is the governing body for the individual churches and they now provide the education of Ministers and Licensed Unity teachers along with the licensing and ordination of Unity ministers. This has tremendous expansive energy. The two groups are now working together to provide avenues to grow the Unity Movement.

Here in Rochester, Kudos to all the artist who contributed their time, talents and treasure in The Gallery of Unity opening night. The art gallery adds life to the walls of the bookstore.

Excitement is stirring about the newly formed “Women of Unity” Group. The Men’s Circle continues each month. Please look within to see if a group is calling you.

Please look in the newsletter and on our e-blast for all the church activities planned in the next few months. We hope you find ones that support your spiritual journey. We are an active church, with an abundance of opportunities.

Gratitude flows in our heart for this loving, abundant, generous community! And we give Thanks to the Living Christ Spirit!

Namaste! Truly Honoring and Beholding the Christ You Are!

Reverend Ann



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Unleash Your Divine Potential

Senior Minister, Rev. Ann Frances

Board of Trustees

Mary Ann Ruganis, President
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Carol Cafalone, Treasurer
Secretary
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.

Ministries Leadership

Audio – Bernie Bowie
Bookstore – Joan Miller
Bylaws – Mary Ann Ruganis
CD Recording—Kathy Dennis Anderson
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Earthkeepers Chair -
Events—Liesl Gaesser
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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 Unity—E. A. Sears

July

I draw peace and strength from
My inner Source.

Divine light illumines my mind
And guides my way.

God is my strength and vitality.
I am renewed.

The infinite goodness of God flows
To me and through me.

I am an ambassador of peace
in the world.

Affirmations

Inner Peace

Peace dwells in the silence of my soul.

Guidance

Open to divine direction, I am gently
Guided to my good.

Healing

The life of God flows through me as
Renewing energy.

Prosperity

I open my mind to divine ideas, and new
Avenues of supply are revealed.

World Peace

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

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

"Let the children come to me." When I was very young, there was a picture in my room of Jesus sitting on a large rock with several children around him, and that quote was underneath. I saw myself as one of those children, and I also said to myself, "I want to be like that when I grow up."

I have been a care giver and teacher to young children since I was 13 years old. Now I am so happy to be the Nursery teacher here at Unity. The children in my group will have ample time to play, interspersed with prayers, signed affirmations, Unity Principles, and lots of loving guidance.

I am so grateful to have the opportunity to spend time each week with the beautiful children who are the youngest in Unity. They are a blessing and a light to all.

If you are interested in volunteering to help in the Nursery, please see me.

With Love,
Liz Santamaria



Unleash Your Divine Potential ~ Every Day

July 1
Men's Circle

July 29
Men's Circle

Save The Date

July 2
Community Lunch

August 6
Community Lunch
In the Know

September 14
Unity World Day of Prayer

July 15
Women of Unity

August 19
Changing Hands



July 22
Shake Your Soul

October 21
Harvest Dance/Silent Auction

July 28
Unity Gallery Opening
Men's Circle

Join Us

Changing



Hands

Changing Hands Sale

Saturday, August 19

9 AM—2 PM

Let Off Steam...Let's Pay off the Boiler!

A new way to circulate—A one day sale in the Sanctuary
Rain or Shine; Hot or Cold

Fun and food with grill master Dave Cafalone: hotdogs, hamburgers,
chips, beverages, a vegetarian food option will be available

More information on page 4

Unleash Your Divine Potential through Leadership



Board Highlights

It has been an eventful few months for the Board of Trustees! The most impactful thing has been having to say good bye to Mary Meissner who found that serving on the Board was no longer "hers to do". We have missed her input and spiritual grounding on the Board. While Mary could never truly be "replaced" we are actively seeking someone to fill the open spot on the Board and are hopeful that we will be able to announce a new Board Member soon.

With Mary's departure and the addition of new Board Members Bruce McLellan and Kathy Dennis-Andersons to the Board there is a need to come together as a new cohesive team. To that end, as this newsletter goes to print your Board will be participating in a one day off site retreat designed to enable the Board to understand each other better and to start building plans to move our community forward in the future. This event is being eagerly anticipated by all involved!

You might be wondering what else the Board been up to the last two months. Here are some of the highlights:

- Approved funding to split doors to rooms to be used for nursery to serve as "gates".
- Authorized discretionary tithes to Cheryl Fare for the reader's theatre script that was used during a recent service and to Reverend Edith Washington for The Christ class material used by Reverend Ann
- Reviewed plans for the new circulation event to be called "Changing Hands Fundraiser" planned for August 24th
- Decided to forego plans to have a church picnic for 2017.

Developed and started implementing a new positive Minister evaluation process that has been designed to show how much we appreciate and honor the spiritual leadership that we receive on an ongoing basis. We know that being a minister is not an easy job and the Board wanted to acknowledge how much good we experience by having an ordained Unity minister – particularly one as talented as Reverend Ann!

Agreed to rotate the writing of the newsletter Board Highlight article so that all Board members will have an opportunity to share their thoughts on Board activities with the

community.

I encourage everyone to reach out and communicate with your Board on a regular basis...it is vitally important that we understand what you are thinking and feeling so that we can continue to build a loving, supportive community!

In Love and Service,
Mary Ann Ruganis
Board President

Changing Hands Sale Saturday, August 19, 9am – 2pm



Many of you have already heard about our new fundraiser to benefit our church building - specifically the boiler fund. To help with the funds still due on this project, we have created the new Changing Hands Sale on August 19. The sale will be 1 day and held **inside** our church building. The sanctuary, library and community room will all be transformed!

Carol Cafalone has rounded up a committee and plans are in motion. If you want to join in the early planning, please get in touch with Carol. We will need many volunteers to help with all aspects of this church-wide fundraiser. Many hands will help make for community fun and light work on Aug 17 and 18 as we prepare for the sale day on Saturday Aug 19.

Also new this year will be a **hot dog sale** in the parking lot! Our wonderful thinker Janet came up with this idea and Dave Cafalone has graciously agreed to coordinate that portion of our day. Can you smell that great grill going outside our door? Anyone who would like to help here can get in touch with Dave.

Some Pre-Sale Help Needs on August 17 and 18

- Set up the Sanctuary with tables and rows of chairs
- Re-arrange the Library to become our boutique
- Re-arrange the Community Room for cash-out and Unity Church table
- Sort incoming goods and organize them in the Sanctuary
- Price goods
- Make signs for our grounds

Helpers Needed for Sale Day August 19

- Greeters and traffic flow helpers all around the building and grounds
- Cashiers and checkout helpers
- Hot Dog sales area
- Kitchen helpers
- Unity Church info table hosts - to share information about our church
- bag and box up any remaining items at close of sale
- Re-arrange the chairs in Sanctuary and put away tables
- Re-arrange the Library and put away racks
- Re-arrange the Community Room
- General clean up for Sunday service

Suggestions for your donations:

- Good condition, clean wearable clothing & accessories
 - Decorative household goods
 - Garden and household tools
 - Antiques
 - Pictures, framed art, frames, mirrors
 - small appliances working (mixer, toaster, iron, blender, etc)
 - Books (no paperback novels or magazines), CDs, Cassettes, DVD, Tapes
 - Small furniture*, lamps
 - Toys and Games - be sure all parts are included
 - Working small electronics - no TVs or computers
 - Pottery, China, Glass
 - Silver
 - Dish sets and glassware set
 - Jewelry, perfume bottles
 - Linens for table, bed or bath, curtains, sewing supplies
 - Your own created craft item!
- Create a "gift basket" of your similar/items - like a kitchen tools basket

*If you have a large furniture or bulky item we invite you to take a picture of it to be posted at the sale day event. Include your name and preferred contact information. If it sells, you can make a financial love offering to the church!

Carol Cafalone, Committee Leader

Divine Love richly provides everything now.

Unleash Your Divine Potential through Sharing



Coffee Fellowship

We are all grateful for the opportunity to socialize after the service while enjoying coffee and refreshments, which are served by volunteers like you. In fact, we want you! We need more volunteers to sign up to make coffee and clean up.

The first Sunday of each month is always Community Lunch, one Sunday is Birthday Sunday, and we have exciting themes planned for the Fifth Sundays, including the next Fun Sunday on July 30th, featuring Tacos and Treats.

If you have never made coffee or even been in the kitchen, there will be someone to help you and familiarize you with the kitchen {where everything has labels, which are almost always correct}.

We need more weekly volunteers, and we also need one or two people to be the Coffee Captains. Someone who will coordinate everything and work with the Hospitality Liaison on the Board of Directors.

If you are interested please communicate with Liz Santamaria or Reverend Ann.



Shake Your Soul

Join us on Saturday, July 22 from 12:30 – 2 pm for a seminar with Maryann Turrin: Shake Your Soul.

Shake Your Soul is a fusion of expressive somatic movement. It incorporates body-mind centering, Qi Gong, Yoga, plus African and Modern dance. Experience self-discovery through expressive movement. Cultivate peace by centering within and joyfully connecting with others. This seminar uses music from around the world along with guided movement to resonate and support internal fluid systems in the body. It can be adapted for any age, ability and fitness level. You will be guided through movement to awaken the synovial, venous, connective inter-cellular, pumping arterial, spacious lymph and efferescent cerebrospinal fluid systems.

No dance or other prior experience is necessary. Please bring a yoga mat or blanket to sit on. Chairs will be available for those who are unable to sit or lie on the floor. Suggested love offering \$15.



Prayer Chaplaincy

Filled to the brim with faith and overflowing with thoughts of love, peace and Divine possibility Prayer Chaplains stand ready to rejoice with you when your consciousness is high and to remind you of your Divinity when seeming challenges arise. Allowing us to pray with you benefits us as much as it benefits you.

Monthly wellness calls are free for the asking. Fill out a request form, drop it in the offering basket or the prayer box and know that an affirmation and an opportunity to pray will come your way each month.

Your Christ nature is unshakeable. We look forward to joining with you in prayer.



Noon Meditation

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



Women of Unity

Women of Unity is an opportunity for women of the church to come together to encourage one another while getting to know each other in a place of acceptance. We will meet the 3rd Saturday of the month from 1:30 to 3:30 to share an interesting topic or activity, and we ask that people bring a small snack. Next month we meet on July 15th and the topic the group chose is "How to Stop People from Pushing Your Buttons." Stop in and check the group out to see if it is something that will be of a benefit to you. Hope to see you there!

Dear Unity Family,
Do you have 1 hour to give?



Come volunteer with NFL Super Bowl Champion Roland Williams and Veronica at the Champion Academy Summer Camp. During the 10 days camp, 300 - 400 at-risk youth will learn Champion Academy principles, hear daily success stories from local professionals, play "Life Ball," and receive nourishment for their bodies and minds. Volunteer opportunities are listed below:

Champion Academy Sumer Camp:
July 10th—July 21st (M-F)
East High School, (1801 E. Main Street, Rochester, NY 14609).

Champion Welcome Team: Each day, students are greeted enthusiastically by volunteers who cheer, applaud and celebrate each student's daily choice to attend the summer program. It would be awesome to get 5 Unity Church of Greater Rochester members to show up 1 out of the 10 days for this. **(Daily from 1:45pm-2:45pm).**

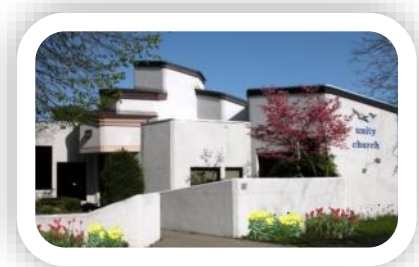
Food Service and the Hydration Team. The food is already prepared. This team would assist with serving food and drinks, handing out utensils and paper products, and assisting with clean up. **(Daily from 3:30 - 7:30 PM)**

Equipment Set Up Team: An opportunity to help with daily set up of signs, hydration stations, field preparation and more. **(Daily from Noon to 1:00 PM)**

Equipment Take Down Team: An opportunity to help with daily take down of signs, hydration stations, and more. **(Daily from 7:00 to 8:00 PM)**


It's ok to show up any day, I'll be there looking for you. Feel free to contact me with any questions.

Thank you for your support.
Veronica



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

JULY 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 <i>10 AM Men's Circle</i>
						
2 <i>10 AM Sunday Service Community Lunch</i>	3	4 <i>Independence Day</i>	5 <i>Noon Meditation</i>	6	7	8
9 <i>10 AM Sunday Service Board Meeting Sacred Healing</i>	10	11	12 <i>Noon Meditation</i>	13	14	15 <i>1:30 PM Women of Unity</i>
16 <i>10 AM Sunday Service</i>	17	18	19 <i>Noon Meditation</i>	20	21	22 <i>12:30 PM Shake Your Soul</i>
23 <i>10 AM Sunday Service</i>	24	25	26 <i>Noon Meditation</i>	27	28 <i>6 PM Unity Gallery Opening</i>	29 <i>10 AM Men's Circle</i>
30 <i>10 AM Sunday Service</i>	31					

AUGUST 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 <i>Noon Meditation</i>	3	4	5
6 <i>10 AM Sunday Service Community Lunch In the Know</i>	7	8	9 <i>Noon Meditation</i>	10	11	12
13 <i>10 AM Sunday Service Board Meeting</i>	14 <i>Newsletter articles due</i>	15	16 <i>Noon Meditation</i>	17	18	19 <i>Changing Hands</i>
20 <i>10 AM Sunday Service</i>	21	22	23 <i>Noon Meditation Fold Newsletter</i>	24	25	26 <i>10 AM Men's Circle</i>
27 <i>10 AM Sunday Service</i>	28	29	30 <i>Noon Meditation</i>	31		

Unleash Your Divine Potential

July ~ August Birthdays

Joan Miller	July 2	Mary Ellen Lundy	August 2
Kathy Dennis Anderson	July 6	Stanley Marshall	August 2
Kimberly Hollingsworth	July 6	Linda Waterman	August 2
Janet Collamer	July 10	Bonnie Jeffe	August 3
Nancy Eichner	July 14	Lisa Cashmere	August 4
Lynn Richardson	July 15	Donna Ries	August 6
Margarita Wise	July 23	Victoria Simmons	August 9
Chuck Golden	July 29	Marna Lee Rossi	August 11
		Deborah Houppert Nobles	August 12
		Maggie Brown	August 13
		Sandra Chamberlain	August 16
		Larry Fogarty	August 19
		Wendy Thomson	August 27
		Robert Nobles	August 28

*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. <http://thereisonlygod.com>



Women of Unity

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

August 14, 2017

Assembly Date

August 23, 2017



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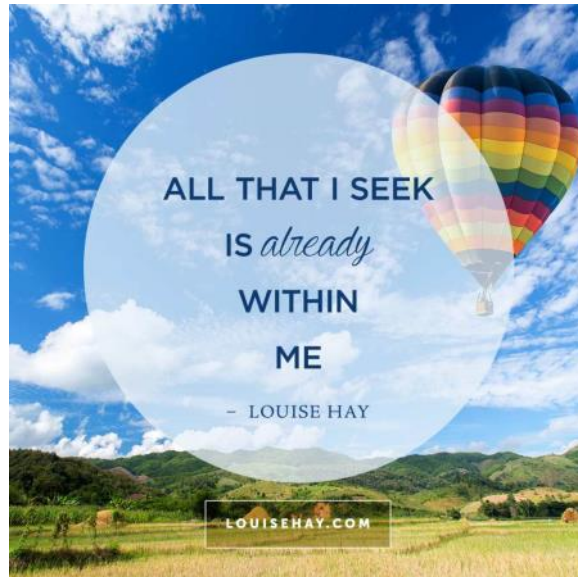
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