

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

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 environ-
ment of spiritual freedom where all can
develop their spiritual potential for lives
overflowing with blessings.

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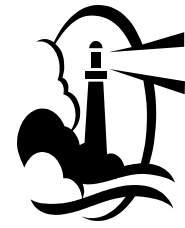
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Bernie Bowie, Newsletter Editor
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Thomas Warfield, Soloist
Jonathan Wolfinger, Gardener

Our Ministry Team Coordinators
Prayer – Jane Faust
Ushers – Marie Hedrick
Greeters – Kat VanMeenen
Platform Assistants – Donna Ries
Bookstore – Paulie Gajewski
Social – Anita Gaiteri
Remembrance – Kat VanMeenen
Circulation Day – Dorothea King
Audio – Chris Spridy & Bob Gajewski
Photographer – Mike Gacek
Librarian/Fun Club—Sylvia Barker
Beautification—Paula Bramwell
Youth Education Director and
Lead Teacher – Marna Rossi

Submission deadline for next issue:
August 17, 2006

Christ Church Unity

Light Notes



August 2006

Dear Children of God,

I hope everyone has had or will have some opportunity for rest, relaxation, and re-creation of some kind during this summer. It is good for our mental and physical health to get out of our normal routine. In fact, some say that the way to stay youthful in attitude is to purposely allow or create change in your life, for dealing with change keeps you young. You don't really want to be in a rut, do you?

Summer can be a good time to do some of the things you are interested in doing but never get around to the rest of the year. Perhaps you would like to refresh your mind by reading a type of book you never read. I once heard that a college president gave a commencement address in which he said one way to keep on learning is, when you go to the library for a specific book, read the one next to it on the shelf. I did something similar a few months ago when I stumbled on the book, *The Divided Mind* by Dr. John Sarno, when I was really there to look for poetry. Dr. Sarno's book on "the Epidemic of MindBody Diseases" was very compelling and I recommended it to many people.

We are in for a treat on **Sunday, August 6**, when Mark Tucker brings his "**Streams of Light**" audiovisual presentation to our church for the 11:00 a.m. service. This is a new presentation of beautiful photography and music which has not been shown here before. This is a day when you could bring a friend who doesn't usually like "church." Mark will have items for sale after the service.

I hope we will have a great turnout for our **Annual Picnic on August 27th!** Please see the article on page 8. In **September** I will offer **Membership Classes** again on three Wednesdays. There is a flyer and a sign-up sheet at the church. Please mark **Sept. 14** on your calendar, for Unity's 13th annual **World Day of Prayer**. On the back of the August calendar you will find a flyer for a **workshop on Sept. 16th given by Dijana Winter and myself.**

The Unexpected Income Program is going well. I have received reports of a family healing, unexpected doors opening, and financial increases as well. As of this writing our church has received approximately \$1100. in tithes on unexpected income after 1 month. I am grateful that our congregation is being prospered individually and collectively. Please keep saying your prayer for unexpected good. We are praying with you. As of July 20th there are **70 people enrolled** in our program, including people in Virginia, Michigan and the state of Washington! Praise God, from Whom all blessings flow!

Let us pray for peace in the world and in our city. The world needs the benefit of a loving, healing consciousness to neutralize stress and violence. We enfold all people in this Love and Mercy, and visualize a positive future. Let peace prevail on earth!

Namaste, Rev. Eleanor



Teachings in

A few weeks ago I was meditating with a friend and afterwards the words “**something beautiful for God**” came into my mind. I knew this was the title of a book about Mother Teresa which I had never read. I took it out of the library to find the context of those four words.

In 1969 Malcom Muggeridge and others from the BBC wanted to make a film about the work of the Missionaries of Charity, the order which Mother Teresa founded. Apparently there were obstacles of various kinds. After months had gone by, one day Muggeridge was very happy to write to Mother Teresa that all the obstacles had been overcome and they could now go ahead with the film. She then wrote back, “Then let us do something beautiful for God.” He was struck by the charm and beauty of those words, and knew he would use them again somehow.

This phrase resonates with me when I think about our church moving forward into the process of developing a “strategic plan” for Christ Church Unity. Unity recommends that each church develop a strategic plan after a Vision and Mission Statement have been articulated. The purpose of the strategic plan is to put the Vision and Mission into action with specific, measurable goals and the steps to accomplish them. The plan requires the church to decide how to allocate its resources to accomplish its priorities.

While I agree with the need for the planning process, I personally think of the words “strategic plan” as fitting the vocabulary of the corporate world rather than a spiritual community. I wondered what other words might be used that have a more spiritual flavor. Upon reflection I realized that a strategic plan could be a written description of “something beautiful for God” which we decide to do together. It can still contain goals and action steps, etc. This language I find more appealing and motivating.

If you are thinking about **your own personal strategic plan for your life**, you could use these words too. Is there something beautiful for God you would like to accomplish or create before you leave this plane? The definition of “beautiful” is left up to you.

Starting from beauty, your innate beauty and goodness as a child of God, you can imagine the beauty of your consciousness expanding outward to create new forms which uplift and enrich humanity and the earth. You create something beautiful for God, something beautiful with God, something beautiful in God.

We now let the beauty of God shine through us in joyous ways. And so it is.

Rev. Eleanor

New This Month...



August 3

5—6:30 PM Planning Committee

August 6

"Awakening Heart" an audio-visual presentation by Mark Tucker at the 11 AM Sunday Service.

August 9

5:30 Anniversary Committee

August 13

12:30 PM Platform Assistants meeting

August 17

5:30 Welcoming Committee

August 27

4:45 PM Church Picnic
Lodge at Buckland Park
1341 Westfall Rd.

Save the Date

September 6, 13 & 20

7—8:30 PM New Member Class

September 14

World Day of Prayer

September 16

1—4 PM A workshop with Eleanor Celentani and Dijana Winter.



Prayer

August Affirmations From Silent Unity

Inner Peace

Immersed in the peace of God, I experience a tranquility of the soul.

Guidance

I listen to my inner voice and follow the infinite guidance of God.

Healing

The healing presence of God is revitalizing me.
I am an expression of divine life.

Prosperity

With God as provider of all good, my life is filled with abundance.

Denial and Affirmation

In his classes on prayer, Emmet Fox taught that relaxation is a form of denial. As you relax, you are implicitly denying that any negative thought or situation has power to hurt you. After reaching a state of relaxation, a positive statement of Truth may be used to affirm a specific good.

Prayer Ministry

For prayer requests or other messages to the prayer team call 473-0910 and press 4. Please let us know if you or a family member are ill or hospitalized so that we can pray with you.

Our Prosperity

God blesses us with ongoing support and supply:

- ◆ Our July Daily Word readers: Bev Liederbach, David Mercer, Joanie Trahan.
- ◆ July newsletter help: Kat VanMeenen, Paula Bramwell, Carmela Laino, Josephine Hendricks, David Mercer, Chris Spridy
- ◆ Beautiful flower arrangements from Bev Liederbach, Bill & Eileen Smith, Jean Marie Bianco, Paulie Gajewski, Carol Cafalone.
- ◆ A new clock for the lobby was donated by Anita Gaiteri.
- ◆ Marie Hedrick did a beautiful job updating and producing our new church directory.
- ◆ Thanks to Mike Gacek for registering us with goodsearch.com.
- ◆ We are grateful for the support of people who have been away for all or part of the summer but have continued to remember us in their giving. Thank you.
- ◆ Thank you to all our volunteers who serve us so graciously on a continuing basis; we are grateful.



Volunteer of the Month

The Volunteer of the month for August is someone who lovingly and generously serves our church in a number of ways, depending on what we need. She is thoughtful of others and takes special care to send appropriate remembrances from our church when someone has an illness or other significant life event. She can often be seen in the lobby supporting our current projects by selling tickets and taking reservations for workshops. She serves on several ongoing committees, including Welcoming, Anniversary and Planning. This past year she served on the Nominating Committee as well. When there is an unfilled need, she is there. Recently she has done this by assuming leadership of the Greeters and by taking on the job of grounds maintenance until we hire a regular groundskeeper. Her spirit of warmth and friendliness is a blessing to all of us. We say thank you very much to Kat VanMeenen! We love you, we bless you, we appreciate you! We behold the Christ in you.



Board News

WHY DOES GOD ALLOW PAIN AND SUFFERING? ONE PERSPECTIVE

Once upon a time, we lived as eternal spirits in a beautiful land called heaven. All who lived there were always connected to Source, and to each other. What one knew, all knew. We all contributed according to our ability, performing the work we found most meaningful and satisfying. We all had everything we needed or wanted. We traversed every Universe by merely thinking of where we wished to be. There was only love; no hatred or fear. Yet, something was missing. It was our nature as spirits to learn and grow, but our connection with each other made it almost impossible to comprehend what we lacked as individuals. What we lacked, others inevitably had, and we had access. Progress could be made, but it was difficult and slow.

We knew of a realm we could visit where conditions for personal growth were optimal. While there we would be veiled from each other and from

Source, although we retained the ability to get in touch with Source. Pain would motivate us to change as quickly as we could, but no trial would be more than we could bear. Karmic impediments to a higher consciousness level could be overcome.

However, there was the risk of making poor choices without the guidance of constant contact with Source and each other. Poor choices, made in ignorance (sin) resulted in additional karmic impediments and a lower consciousness level. Therefore, it was a major decision to visit this realm, made by only a few. Elaborate plans were developed with great care under the tutelage of the wise ones. Because of the seriousness of this undertaking, kindred spirits often agreed to accompany us, playing key roles in our lives. Every detail was laid out, and every goal set. We then began our human experience by entering the body of a newly conceived child in the womb of our mother. In due course, we would be born to the perfect parents in the

perfect circumstances for our growth and live a brief lifetime on a planet called Earth.

God's role, then, is to support us by providing a place for maximum spiritual growth. We are here of our own volition, to learn and grow as is our nature.

But what, we ask, about suffering? Pain exists in this realm. Since our nature is to remain static, pain is the most effective incentive for us to change. Who among us has progressed significantly when everything was perfect as it was? Suffering is nothing more than the consequence of ignoring the pain; we need only ask God what we are to learn from the pain. Once the lesson is learned, the pain disappears. Until the lesson is learned, the painful event continues to recur in our lives, each time more painfully than the last (i.e. suffering).

What if no lesson is evident? Our level of understanding will increase, and God has given us our faith to keep us until then. Praise Him!

Blessings on your journeys,
Bob Murray, Trustee

Highlights from the Board Meeting

Increase, increase, increase! CCU is ahead of 2006 income projections by roughly 30%! For details, see Leslie Wright's Finance summary in this newsletter. We are grateful.

Much of the July 9, 2006 Board Meeting focused on CCU building, grounds and neighborhood. First, CCU will sponsor the second Neighborhood of the Arts Peace event at SOTA September 10, 2006. Thomas Warfield is working with event organizers. Our sponsorship allows the event to be insured, at no

cost to CCU.

The board provided input to Paula Bramwell for a description of weekly grounds maintenance responsibilities. Paula will hire for this part time role soon. Bob Gajewski is helping us explore possibilities for upgrading sanctuary lighting. Leslie Wright will work with the Finance Committee to investigate if and how we might fund this change. Bob Gajewski will work with the Beautification Committee to plant a lilac tree on CCU grounds in honor of Bernie Hyman who collected parking fees for CCU through rain, sleet,

snow and heat. Reverend Eleanor will lead a dedication of the memorial. The Board agreed to reinstate a sign in/out log for locking and unlocking the building. The intent is to be certain the building is locked and secure when empty. Watch for posted sign in/out instructions at the entrance. And lastly, Bob Gajewski is searching for a replacement for the adjustable piano bench which is nearing its transition. We hope this "sits right" with you!

Respectfully Submitted,
Barbara Daly

Committees at Christ Church

We think of our church committees as ministries because through them we serve the Divine Plan. New people are always welcome to join, contribute and support the manifestation of our Vision. Please contact the following people for more information:

Planning Church Events—Bob

Gajewski

Beautification (building & grounds)—

Paula Bramwell

Financial Prosperity (of the church) -

Leslie Wright

60th Anniversary—Rev. Eleanor

Bookstore—Paulie Gajewski

Ushers—Marie Hedrick

Greeters—Kat VanMeenen

Social Committee—Anita Gaiteri

Platform Assistants—Donna Ries

People In Action

Youth Education



We are always looking for helpers who would like to share their talents with the children; if you are interested, please contact Marna.

Our children are invited to sit with their parents on August 6 and see the "Streams of Light" presentation.

Service Opportunity

We have openings now for people who would like to be an usher, greeter or platform assistant. The platform assistants will meet August 13 at 12:30. If you are interested in serving or just learning more, contact the coordinator Donna Ries. To find out more about being an usher or greeter, please contact Marie Hedrick for ushers and Kat VanMeenen for greeters. Thank You !

A Healing Journey into the Heart

An audio-visual presentation created by Mark Tucker is designed to be heart-opening and spiritually renewing. The photos in the video represent 25 years of work as a photographer and the soundtrack that accompanies it enhances the healing power of "Streams of Light."

Mark will be presenting "Streams of Light" on Sunday, August 6 at the 11 AM service.

I am making a positive difference in the world today.

Ways to Get Involved

Promotion Club

The spiritual support group for people seeking new employment will not meet in August. A September date will be announced. Please call Rev. Eleanor for more information.



Come one, come all to the CCU picnic! Sunday, August 27, 4:45 PM at the Lodge at Buckland Park, 1341 Westfall Rd. A coordinated sign up sheet to bring a side dish to pass will be on the front counter. The Social Committee will provide the southern fried chicken. **Deadline to sign up is August 20.**

Social Committee

The Social Committee serves the church by providing refreshments after the Sunday service and meals on special occasions. The social committee provides the coffee supplies as well as the paper goods and plasticware we use. The goodies we enjoy are donated by individuals. The donations you make are put into a special fund and used to purchase items for the church such as a forty cup coffee maker, kitchen cart and a step stool just to name a few. The funds are also used to provide part of the menu items such as the meat at the special meals like Thanksgiving and the picnic. The committee also makes donations to church special funds like the roof fund. The cakes used to celebrate birthday Sunday are created and donated by Anita Gaiteri and Dorothea King. If you are interested in working on the Social Committee contact Anita Gaiteri.



Support Christ Church Unity every time you search the Internet... Search the web with www.goodsearch.com

Type Christ Church Unity into the "I support" box and click on "verify." One cent from advertisers will go to CCU for each search. Like Charles Fillmore, we bless each penny.



The **One-Winged Angels** support group led by Jane Faust will meet Friday, September 22. The group will go to breakfast and then take a tour of the Susan B. Anthony House. More details will be available in the September Newsletter.

Liv-

Unity August Birthdays

Stanley Marshall Jr.	August 2
Donna Ries	August 6
<i>Myrtle Fillmore</i>	August 6
Loretta Callahan	August 10
Josephine Hendricks	August 11
Marna Lee Rossi	August 11
Deborah Houppert Nobles	August 12
Rick French	August 13
Elizabeth Crawford	August 14
Steve Baker	August 16
Larry Fogarty	August 19

Amy Spence	August 20
<i>Charles Fillmore</i>	August 22
Richard Lieb	August 23
Angelina Cornish Smelts	August 27 (7yrs)
Marian Johnston	August 28
Bob Nobles	August 28
Sandy Melloch	August 30

We love you.
We bless you.
We behold the Christ in you.
Make a wish!



On-Going Events

Every Saturday the **David Hawkins Book Discussion** group will meet from 10 AM-Noon. The next discussion is August 5, 2006.

A Course in Miracles (ACIM) class, led by Dijana Winter, meets on Tuesdays, 7-8:30 PM. For information call 585-703-1914. Love offering.

Food and toiletry items for **Dimitri House** can be placed in the box under the reception desk at any time. Items will be delivered the first Sunday of the month.



Feng Shui

Friday Nite Feng Shui classes will be continuing this summer on the second and fourth Fridays of the month from 7-8:30 PM. Love offerings are gratefully accepted for these workshops. Please call Lyn Volare at 585-244-1332 or Lynvolare@yahoo.com with questions.



Remember...

Sunday lessons and meditations can be heard on our website
www.unityrochester.org

Office Hours



Our church office is open Monday—Friday 10 AM—2 PM. You can also leave a message at any time by calling 585-473-0910.

Reminder: the **schedule of activities** for CCU is available by calling the church at 473-0910 and pressing 3 on the voice mail options.

Thank you for making our Sunday Service fragrance-free.

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Sent with love to:

Sunday Celebration – 11:00 a.m.

Practical Christianity for the 21st Century

Prayer for Our Church
Infinite Spirit, Open the way for abundant
blessings for Christ Church Unity. Fill our minds
with Your Love and Wisdom,
fill our actions with Creative Power.
Send forth now from all points in the Universe all
the good we deserve as Children of God.
We are open and receptive now
to Your Divine Ideas of love, prosperity,
and service.
Thank You, God.
Amen.