

Unity Church of Greater Rochester

A Positive Path for Spiritual Living



August/September 2015

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.

“Living in the Flow”

“Out of believer’s hearts shall flow rivers of living waters” (John 7:38)

Dear Fellow Truth

Wow!!! Rochester has many wonderments. As I have traveled around this beautiful city, I have discovered many bodies of water all flowing and rolling. The sights have been breathtaking from Lake Ontario to Finger Lakes to High Falls to Upper Falls to Lower Falls and every falls in between, to the Erie Canal and Genesee River Waterways. I have dined by some, lunched by others and enjoyed the Famous Abbott’s Custard near others. Bear and I have walked trails, bridges, piers and pathways. This has been music to my heart. Rochester has the market on bodies of “Living Waters.”

It reminds us that we are also fluid movement. We get to choose the value and worth of every experience. We have the choice in every moment to move along with ease and grace as the nursery rhyme suggests “Row, Row, Row your Boat, Gently down the Stream, Merrily, Merrily, Merrily life is but a Dream.” When we see some rocks in front of us, we can become like water and navigate effortlessly around them. This is my wish for you.

I truly believe God, being infinitely creative, is always creating an ideal opportunity for all to experience our highest good. Our responsibility is to be open to receive. The question to ask yourself is, how much good can you accept? I invite you to see your heart and arms open wide to experience the unlimited, bountiful “*Flow of Living Waters.*”

Namaste! I See You!
Reverend Ann



Discover by Sharing

Board of Trustees

Larlene Fyles, President
June Fisher, Vice President
Marilyn Hampton, Treasurer
Mary Ann Ruganis, Secretary
Vada Good, Trustee
Helen Lutz, Trustee

Senior Minister, Rev. Ann Frances

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Jeanne Gagne`, Administrative Assistant

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Jane Faust, Accompanist
Venise Cottrell, Clerical Assistant
Marna Rossi, Youth Ed. Dir.

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Bylaws – Mary Ann Ruganis
Circulation Day - Katherine DaCosta
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Librarian - Carol Baumeister
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Spiritual Healing - Donna Ries
& Vicki Williams, Co-Facilitators
Sign Ministry - Mike Gacek
Social Media - Barbara Boyce
Ushers - Lisa White
Welcoming -
Women of Wisdom - Jeanne Gagnè



Skills and Talents Requested

Do you know what makes Unity Church of Greater Rochester such a positive hub of spiritual energy? It is the loving, caring, spiritual contributions of people like you. All of the ministries are made up of ordinary people who together do extraordinary work. The events such as World Day of Prayer and Prosperity Projects are chaired by people who raised their hand and took a step forward knowing they would be supported in their efforts.

Please take a moment to look over the ministries and consider getting involved. No contribution is too small or too insignificant; all of the ministries would welcome additional people to contribute to the spiritual growth of UCGR.

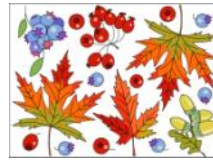
To learn more about each ministry you can visit our website at <http://www.unityrochester.org>

Blessings upon Unity Church of Greater Rochester Sunday, August 2 10:00 AM

Please join in the **sacred celebration** of Reverend Ann Frances' **Invocation**. Reverend Mary Masters, Senior Minister, Unity of Buffalo will officiate. Reverend Ann will commit to serve as Senior Minister of Unity Church of Greater Rochester.

All are invited, the congregation, staff, leadership, the board of trustees, to stand together with Reverend Ann in faith as this ministry comes together in Spirit and Unity.

Discover ~ Every Day



- August 2**
Rev. Ann Frances
Invocation Ceremony
- August 6**
Intro to the Flow of Life
Force Yoga
- August 12, 19**
New Member Orientation
- August 20**
Kundalini Yoga
- August 23**
Lunch with the Minister

- September 2**
New Member Orientation
- September 10**
World Day of Prayer
- September 13**
New Member Sunday
- Save The Date**
- October 17**
UCGR Benefit Concert with
Sonam Targee

World Day of Prayer

*“Pray Up Your Life, **Pray Up the World.**”*
Join us as we join Silent Unity
For our annual World Day of Prayer Service
Thursday September 10, 6:30 PM.
This annual day of prayer brings Unity
around the globe into a unified celebration
of the power of prayer expressing
in individual lives and in the world.



Discover in Prayer

August Affirmations

Inner Peace
I am one with the Christ and I am at peace.

Guidance
I act on my guidance from God.

Healing
I am strong healthy and vigorous.

Prosperity
Divine ideas prosper and bless me.

World Peace
My peaceful presence contributes to peace in the world.

Prayer Treatment for Living in the Flow

I dwell in the midst of infinite abundance.
The abundance of God is my infinite source.
The river of life never stops flowing. It flows through me to
lavish expression.
Good comes to me through unexpected avenues.
God works in myriad ways to bless me.
I now open my mind to receive my good.
Nothing is too good to be true. Nothing is too wonderful
to happen.
With God as my source, I am filled with awe and wonder.
I give freely and fearlessly into life and life gives back to me with
fabulous increase.
Blessings come in expected and unexpected ways.
I am grateful. And so it is.
Author unknown

We are invited to take part in a **county-wide prayer project** involving many denominations of churches. Please join us in **holding in Light the following places** during these weeks. Rochester City neighborhoods alternate with other towns.

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

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

- | | |
|-------------------------------|---------------------------------|
| August 2 Susan B. Anthony | September 6 Town of Penfield |
| August 9 Town of Ogden | September 13 Historic Maplewood |
| August 16 Strong Neighborhood | September 20 Town of Perinton |
| August 23 Town of Parma | September 27 South Wedge |
| August 30 Swillburg | |

Discover



Lunch with the Minister

Break bread together!

Join Reverend Ann and others after service on Sunday for lunch August 23. It is a great way to connect! Each person will pay for their own meal. Restaurant TBD – Signup sheet is in the lobby.



New Member Orientation

Are you interested in becoming a member or would you like to know more about Unity?

Join Reverend Ann, Wednesdays, 6:30—8 PM August 12, 19, September 2.

All three classes required for membership. New Member Sunday is September 13.



Kundalini Yoga with a Master

Thursdays beginning August 20, 2015
6:30-8pm

Join Randy McDonald for yoga instruction, Randy studied at Kundalini Research Institutes in New Mexico under the direction of spiritual teacher, Yogi Bhajan.

Each session is \$10 at the door. Signup sheet is in the lobby.



Facebook Share

Unity Church of Greater Rochester has two web connect areas. Our home webpage, www.unityrochester.org, is the official church website. It is full of news, coming events, classes, calendars, the newsletter, and a host of links to our Sunday service archives and more. Our other online presence is on Facebook, www.facebook.com/UnityRochester.

Facebook is a social media for sharing and communicating about our church on a daily basis. Anyone online can read the public highlight postings on this page. For those who are actual Facebook members, you can "Like" our page and receive notifications in your Feed as they are posted. Our Highlights page is a summary of official church postings. The Posts by Others page is open to anyone to post comments and interesting articles. If you see a post you particularly like, you can "Share it" to your own Facebook page as well. What a wonderful ripple-in-the-pond we can create!

Unity is a grand spiritual community network and through the Facebook path we can communicate directly with other Unity organizations and spiritual family all around the country and the world! We are currently at 233 Likes to our page and look forward to seeing this community grow. We encourage all to share in our Facebook page.



Flower Committee

Joan Yaeger has generously volunteered to head the flower committee! Thank you, Joan. We appreciate you!

Flowers may be brought and dedicated to honor someone, such as an anniversary or birthday, special event or accomplishment, etc. Flowers could also be dedicated in someone's memory. The person bringing the flowers and doing the dedication should let us know the occasion on the sign-up sheet, and that information will be included in the announcements for that week's bulletin.

We encourage everyone to participate, as this is a wonderful way to send prayer intentions for the special people and events in our lives. The sign-up sheet is on the stand under the minister's bulletin board in the lobby.

**Not on the internet at home? On your next visit to your local public library, ask the librarian to help you link up!*
Barbara Boyce



Noon Meditation

Join us for a 30 minute Meditation every Wednesday (beginning Wednesday, August 12th) at Noon with Reverend Ann Frances

Discover through Leadership



Board Highlights

No surprise...since our last newsletter the Board enthusiastically and lovingly welcomed our new Senior Minister, Reverend Ann Frances to our Board meetings. She was so interested in establishing an early, good working relationship with the Board she attended a Board meeting before she was actually on the payroll! As the administrative and spiritual head of our church, she has, and we are sure will continue to bring a much appreciated Unity and business perspective to our Board proceedings.

The Board sponsored a Leadership Council luncheon in June to introduce Reverend Ann to some of our key volunteers and ministry team members and to encourage cross team awareness and communication. This was a tremendous success and many thanks go to our Board President, Larlene Fyles, for being the main driver behind organizing the event.

The Board reviewed the different teams and team membership. Vada Good and Mary Ann Ruganis have exchanged Board liaison roles. Board liaisons roles are:

Building and Grounds: June Fisher
Education: Vada Good
Financial Prosperity: Marilyn Hampton
Marketing and Publicity:
Mary Ann Ruganis
Ministry: Helen Lutz
Organization: June Fisher

Our Board President, Larlene Fyles, does not have a liaison assignment. Our bylaws state she is a member of all teams and she takes this very seriously.

The church picnic was a tremendous success. It was held at Ellison Park on Sunday, July 19th. There were a lot of positive comments about both the catering from Dave's Sidewalk Café and the Pavilion Lodge location. During this year's event there was a call for volun-

teers to sign up to serve on a committee to plan next year's picnic. A big Board thank you to Paula Fletcher, Team Chair and the others that signed up to serve on this team!!! We are sure you will plan a fantastic event for next summer.

Here are a few of the key business items that the Board addressed during the past two months:

- Building front door: You might have noticed that the primary church entry door has a tendency to be difficult to open and close. This has been repaired many times and the Board is now investigating options to have it replaced. Be on the lookout for a notice of a special membership meeting that will be scheduled to request membership approval for this expenditure.
- Upright piano: The upright piano in the "classroom" had been sold a few months back as part of the building beautification effort. The person that bought the piano found they could not put it in their home and donated it back to the church. After meeting with several interested parties that expressed a willingness to pay for the ongoing cost to maintain this piano, the Board decided to not attempt to resell it.
- Recordings: The Board addressed the backlog of speaker talks and service CD orders and arranged to put equipment and processes in place so that talks will be posted and CD orders fulfilled in a timely basis going forward. There was need to replace the CD recorder in July following equipment failures that caused us to miss recordings two weeks in a row.
- Services and Contract approvals/changes/signings/renewals: Roe Landscaping for mowing and other landscaping work (new); Michael Mack Handy

man (approval of new items); Orkin Pest control (renewal); Fitzpatrick Custom Stonework snow removal contract (renewal).

Finances: Reviewing and discussing possibilities for addressing known items that will require significant funding that is not currently available:

Roofing
Parking lot repaving
New fencing

Looking forward, here a few items of note that the Board has planned:

- Reverend Ann's invocation will be on August 2nd. There will be a lot of friends and visitors in attendance so we are working to put our best foot forward by doing things like sprucing up the landscaping using a generous donation of mulch.
- Adoption of a new Policy Manual that will be presented by the Centralized Information Team to the Board on August 22nd. June Fisher and this team have been working very hard over the past two years to create this manual. It is sure to be a major accomplishment and milestone in our church history. The Board appreciates all the time and effort that it has taken to get this information pulled together and is looking forward to having an official policy manual soon that can be used to guide church operations!
- Benefit Concert October 17, 2015: Save the date -- Our church will host a fundraiser concert featuring Sonam Targee from 7 to 9 PM on October 17th.

That's it for now!

In Love and Service,
Mary Ann Ruganis
Board Secretary

AUGUST 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2 <i>10 AM Sunday Service Rev. Ann Installation</i>	3	4	5 <i>2:00 Pm Qigong with Usha Shah</i>	6 <i>10:00 AM Meditation 6:30PM Intro to Kundalini- Yoga w/Randy McDonald</i>	7	8 <i>10 AM There is Only God Class</i>
9 <i>10 AM Sunday Service Board Meeting</i>	10	11	12 <i>Noon Meditation 2:00 PM Qigong 6:30 PM New Member</i>	13 <i>10:00 AM Meditation with Usha Shah</i>	14	15 <i>10 AM TIOG</i>
16 <i>10 AM Sunday Service</i>	17	18	19 <i>Noon Meditation 2:00 PM Qigong 6:30 PM New Member</i>	20 <i>10:00 AM Meditation 6:30 PM Kundalini Yoga w/Randy McDonald</i>	21	22 <i>10 AM TIOG</i>
23 <i>10 AM Sunday Service Lunch w/minister</i>	24	25	26 <i>Noon Meditation 2:00PM Qigong</i>	27 <i>10:00 Meditation 6:30 PM Kundalini Yoga w/Randy McDonald</i>	28	29 <i>10 AM TIOG</i>
30 <i>10 AM Sunday Service</i>	31					

SEPTEMBER 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 <i>Noon Meditation 6:30 PM New Member Orientation</i>	3 <i>6:30 PM Kundalini Yoga w/ Randy McDonald</i>	4	5 <i>10 AM There Is Only One God</i>
6 <i>10 AM Sunday Service</i>	7 <i>Labor Day</i>	8	9 <i>Noon Meditation 2:00 PM Qigong with with Usha Shah</i>	10 <i>World Day Prayer 6:30 PM Kundalini Yoga w/Randy McDonald</i>	11	12 <i>10 AM TIOG</i>
13 <i>10 AM Sunday Service New Member Sunday</i>	14	15	16 <i>Noon Meditation 2:00 PM Qigong with Usha Shah</i>	17 <i>6:30 PM Kundalini Yoga w/Randy McDonald</i>	18 <i>Newsletter Deadline</i>	19 <i>10 AM TIOG</i>
20 <i>10 AM Sunday Service</i>	21	22	23 <i>First Day of Fall Noon Meditation 2:00 PM Qigong</i>	24 <i>6:30 PM Kundalini Yoga w/Randy McDonald</i>	25 <i>Newsletter Assembly</i>	26 <i>10 AM TIOG</i>
27 <i>10 AM Sunday Service</i>	28	29	30 <i>Noon Meditation 2:00 PM Qigong with Usha Shah</i>			

Discover Relationships

August ~ September Birthdays

Stanley Marshal	August 2	Sandy Melloch	August 30
Mary Ellen Lundy	August 2	Sharon Wade	August 31
Linda Waterman	August 2		
Bonnie Jeffe	August 3	Rev. Steve D'Annunzio	September 2
Michael Bianchi	August 3	Reinhardt Brucker	September 10
Lisa Cashmere	August 4	Herbert Street	September 12
Donna Ries	August 6	Kitty Fallon	September 17
Victoria Simmons	August 9	Tom Hyldahl	September 18
Loretta Callahan	August 10	Hattie Cottrell	September 19
Marna Rossi	August 11	Javier Bautista	September 20
Deborah Houppert-Nobles	August 12	Marty Roberts	September 21
Maggie Brown	August 13	Danielle Houppert	September 26
Elizabeth Crawford	August 14	Cydney Pocock	September 27
Sandra Chamberlain	August 16	Peela Hooke	September 30
Larry Fogarty	August 19	Todd Smith	September 30
Albert Gruttadauria	August 26		
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. Next meeting August 1, 2015. <http://thereisonlygod.com>.

To receive the newsletter or event flyer or both by email, go to our website, www.unityrochester.org, and click on *Get Unity Updates*.



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 Jeanne Gagne' at 585-473-0910.



Birthday Cards

Barb Boyce coordinates the mailing of birthday cards for CCU. This is a pleasurable service and open for anyone to share in. We book volunteer service in 1 month blocks. Cards, stamps and a list of names/addresses are provided so all you do is set up your schedule of mailing at home and send out our cards. If you would like to sign up for a month, please see Barb.

Recording of Our Services

Our website has a button on each page to access recordings of our Sunday lessons and meditations. We thank Kathy Dennis-Anderson for help in updating this page.

This is a free service which we give to the world.



Thank you for keeping our Sunday services fragrance free.



Don't forget you can support UCGR every time you search the internet or shop online with www.GoodSearch.com or www.GoodShop.com

Type Christ Church Unity-Rochester into the "I support box" and click on verify. Money from advertisers will go to UCGR.

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.

Submission Deadline

For October/November Newsletter

September 18, 2015

Assembly Date

September 25, 2015



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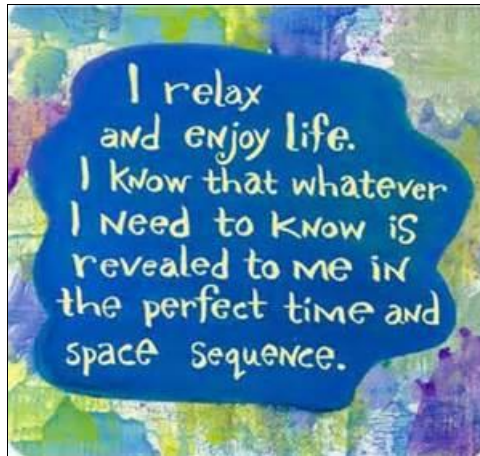
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Sent with love to:



Louise Hay

www.unityrochester.org



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