

# Unity Church of Greater Rochester

## A Positive Path for Spiritual Living



August/September 2016

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.

### *"Heaven's bounty is flowing NOW"*

*"Do not be afraid, little flock, for it is your Father's good pleasure to give you the kingdom"*  
(Luke 12:32)

Dear Fellow Truth Students,

Namaste! I truly behold the Christ that YOU ARE. I see you as the Light of God Expressing. And I believe that it is truly God's, Pure Substance, Creator of All that Is, good pleasure to give us the Kingdom and we open our arms to receive it today.

We opened the month of July with a powerful prayer of abundance. Together let's hold this in our hearts and minds through the next two months.

***"Unity Church of Greater Rochester dwells in the midst of Infinite Abundance. The Abundance of God is our infinite Source. The true income of this church is the Flowing of Spirit. It is unencumbered, un-retarded and undiminished by any mortal factor. Our income manifests in a pattern of steady growth in the love, faith and spiritual accomplishment among our members and friends.***

*All income is gratefully received and wisely distributed under inspiration of the Christ Mind. Thoughts of lack, limitation and personal judgment are gone forever, thus they have no influence on our financial strength and soundness.*

*Unity Church of Greater Rochester never lacks for faithful, enthusiastic and generous financial support. Divine Love supports and supplies without interruption or intermission.*

***Heaven's bounty knocks on our doors daily and we gladly invite it in! And so it is! Amen!***

Our journey into the Twelve Powers of Man continues. How exciting it is to fully comprehend that these powers reside within us and through consciously developing them, we can become awake and aware of our Divine Potential and live outwardly from this place of Pure Goodness. During the first seven months we have moved through Faith, Strength, Wisdom, Love, Power, Imagination and Understanding. **August is the month to invoke our Power of Will as we put feet to our understanding and September brings the right sequence of Divine Order.** Will is the ability to choose, decide, command, lead and determine; Order is our power to organize, balance, sequence, and adjust.

Unity Church of Greater Rochester is a growing and active church, please look in this newsletter for the upcoming events. We have music events, mediations, retreats, workshops along with our annual World Day of Prayer.

A special thank you to all who participated in Circulation Day and the Annual Picnic. Special kudos go out to Katherine DaCosta and Paula Fletcher and their teams who lovingly made these events a huge success

Namaste! Truly Honoring and Beholding the Christ You Are!  
Reverend Ann



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# Discover by Sharing

## Board of Trustees

Mary Ann Ruganis, President  
Helen Lutz, Vice President  
Marilyn Hampton, Treasurer  
Mary Meissner, Secretary  
Vada Good, Trustee  
Javier Bautista, Trustee

## Senior Minister, Rev. Ann Frances Staff

Administrative Assistant

## Support Positions

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

## Ministries Leadership

Audio – Bernie Bowie  
Bookstore – Joan Miller  
Bylaws – Mary Ann Ruganis  
Circulation Day -  
Counters - Marilyn Hampton  
Directory - Marie Hedrick  
Earthkeepers Chair - Stan Marshall  
Flowers - Joan Yaeger  
Financial Prosperity - Larlene Fyles  
Greeters – Jackie McCullough  
Hospitality—Johnnie Dawson/Liz Santa Maria  
Librarian - Carol Baumeister  
Music - Jane Faust/Rev. Ann Frances  
Newsletter - Bernie Bowie  
Nominating Comm. - Paula Fletcher  
Photographer - Mike Gacek  
Platform Assistants – Donna Ries  
Prayer Chaplain - Katherine DaCosta/Jane Faust  
Prayer Team – Jean Marie Bianco  
Publicity -  
Purchasing Agent - Bernie Bowie  
Remembrance - Marilyn Hampton  
Search Committee - Kathy Anderson  
Social Outreach -  
Special Events Catering- Larlene Fyles/Vada Good  
Spiritual Healing - Donna Ries  
& Vicki Williams, Co-Facilitators  
Sign Ministry - Mike Gacek  
Social Media - Barbara Boyce  
Ushers - Lisa White  
Welcoming -  
Women of Wisdom - Carlina Dunigan/  
Carol Baumeister

## Congregational Retreat CELEBRATE

Theme: Zeal, Zest, Zenthuziazm  
When: September 24, 2016  
Time: 8:30 AM- 4:30 PM  
Where: [Colgate Rochester Crozer  
Divinity School](#)  
1100 Goodman St S, Rochester,  
NY

\$35 if purchased by August 14  
\$45 after August 14  
Registration closes August 31

What you will experience.....

Growth  
Reflection  
Increased awareness  
Connections  
Food  
Come and find out what  
E=mc<sup>2</sup>  
Really Means!!!



*Music and Education for  
Spiritual Evolution  
August 21  
Sunday Lesson, Music &  
Workshop*

## *August 22 Piano Passion Concert*

Dr. Will Tuttle is an acclaimed writer, pianist and composer and his inspiring and uplifting presentations have touched the hearts, minds, and lives of thousands. Weaving words and his unique heart-opening and inspiring original piano music, he opens doors to the inner imaginative realms where healing insights and energies emerge and dance.

A master at recreating the deepest vibrations of the soul, Will Tuttle's uplifting original piano music evokes deep feelings and a sense of wonder, joy and adventure. **The Piano Passion Concert** is an affirmative musical prayer for world peace and for celebrating the beauty of the Earth and potential of our Spirit.

**The Keys to Developing Your Intuition** is a workshop that can change lives, as we invite spirit to work its wonders on the ultimate frontier: the human heart. Dr. Tuttle unites eastern and western meditation traditions and is a Dharma Master in the Zen tradition.

ABUNDANCE  
FLOWS  
THROUGH  
ME.

## *Opening the Intuitive Gate*

Featuring Will Tuttle, Ph.D.

**The Keys to Developing Your Intuition**  
Sunday, August 21  
12—2 PM

**Piano Passion  
Concert for a New World**  
Monday, August 22  
7:30 PM



# Discover ~ Every Day



## August 7

Membership meeting  
Community Lunch

## August 21

Will Tuttle musical guest  
Will Tuttle Workshop

## September 8

World Day of Prayer Vigil  
And Service

## September 13

Charley Thweatt Concert

## September 14

Charley Thweatt  
Workshop

## September 24

Congregational Retreat

## World Day of Prayer

**“Discover the Power Within: Unleash Your Divine Potential”**

Join us as we join Silent Unity and the entire Unity Movement in our annual

World Day of Prayer Service

**Thursday September 8, 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.

We will start the day with our

**opening prayer vigil  
at 12:00 PM**

followed with the viewing of the Opening Ceremony at Unity Village



## Charley Thweatt Inspired Acoustic Music

Charley Thweatt brings his gifts of warmth, humor, presence and ease to any gathering. Music is powerful. And in the hands and heart of this musician, the walls melt and the room becomes one. He has been a presenter for spiritual organizations and metaphysical conferences for 34 years and has been the musical opener for luminaries such as Wayne Dyer, Marianne Williamson, Deepak Chopra, Ram Dass and Louise Hay. Some of Charley’s songs will touch that sweet inner place of peace while others will shift you to full out joy. This moving program of music and connection offers lots of opportunity to participate and sing along.

### “The Heart of A Course in Miracles” Workshop

A Course in Miracles is a beautiful and powerful self-study spiritual course, which has inspired millions since it was published in 1975. This evening class is perfect for both first-timers, who would like an introduction as well as long-time students of the Course. The workshop will use discussion, Course in Miracles inspired music by Charley and two amazing workshop exercises to bring alive the principles found in this work. The real power comes when we embody it through our own experience. This workshop will go beyond thinking about these principles. We will know them from the inside out!

### “Here Between Heaven” Concert

Wednesday, September 14  
7—9 PM  
\$20 Suggested Love Offering

### The Heart of A Course In Miracles Workshop

Thursday, September 15  
7— 9:30 PM  
\$20 Suggested Love Offering

# Discover



## Board Highlights

Greetings,  
Here are the highlights of activities undertaken by your Board of Trustees since the last newsletter.

- Approved moving ahead with the proposal for an Art Gallery to be installed along one wall of the bookstore area for exhibiting art of the UCGR membership
- Hiring a second part-time administrative assistant
- Reduced Orkin visits to every other month instead of every month
- Completed payments on front door and lighting upgrades
- Completed clean-up behind back of building
- Continued work on Volunteer Organization procedures for various ministries
- Planning Volunteer Recognition Sunday, October 16
- Switched phone & internet service to Time Warner for more and better service, for less money
- Revised holiday pay plan for administrative assistants to be included in the staff section of the policies manual
- Approved purchase of software necessary to operate new front door electronic key pad
- Approved purchase of new business phone system (AT&T's SynJ)
- Stucco repair scheduled for August
- Discussion around north parking lot paving fundraising
- Scheduling a membership meeting August 7 to discuss fundraising and vote on north parking lot paving project
- Support trial of electronic Sunday song lyrics
- Considering bids on door and soffit painting
- Informed that several members of UCGR have volunteered to do various landscaping projects (weeding and trimming bushes)

Developing a committee to redesign church entryway  
Scheduled "In the Know" gathering for September 4

Thank you for your ongoing interest and support in creating a vibrant Unity Church of Greater Rochester community. Together, with everyone's sharing of time, talent, and treasure, we continue to prosper.

Respectfully,  
Mary Meissner  
Board Secretary



## The Coffee Way to Say I Love You

There are many ways to say I love you. Cooking, cleaning, holding a hand, or a simple smile. Unity Coffee Fellowship after Sunday service is a wonderful way to visit and share time together. We need volunteers to help make coffee and clean up after fellowship. This is the helpful service way to say I love you. There is always a sign up sheet for refreshments and coffee in the lobby. We will schedule a meeting in August, so the congregation can determine together the direction for our fellowship time. As Gandhi said "Whatever you do may seem insignificant, but it most important that you do it." Please see Liz SantaMaria with questions or suggestions



## An Abundance of Gratitude

We prayed, publicized, collected, stacked, prayed, dusted, sorted, prayed, lugged, greeted, boxed, hung, rehung, folded, refolded, consolidated, packed up, prayed--and then whoosh. Circulation Day was over. We gave thanks that treasures had been found. We rejoiced in the smiles of our visitors and welcomed their plans to come to a Unity church service. (The very next Sunday we had at least three visitors as a result of our invitation to join us at 10 AM.)

Thank you for the many prayers and the many hands-on helpers:

Leslie Wright, Veronica Wilson, John Vella, Else Vella, William Turner, Mary Ann Tuervin, Inga Songbird, E.A. Sears, Mary Beth St. Rose, Liz Santa Maria, Mary Meissner, Jackie McCullough, Helen Lutz, Om Greg Howard, Nancy Hicks, Marilyn Hampton, Isabel Gillen, Larlene Fyles, Rev. Ann Frances, Jane Faust, Kelly DiPietro, Johnnie Dawson, Katherine DaCosta, Sue Callan, Venise Cottrell, Janet Collamer, Janice Chappell, Lisa Cashmere, Carol Cafalone, Maggie Brown, Bernie Bowie, Jean Marie Bianco, Carol Baumeister, Sam Akin

Thank You Universe  
Katherine DaCosta





# Discover through Leadership



## Everyday Mindfulness for Everyone™

If you currently: take vitamins daily, exercise regularly, or practice a musical instrument (or even golf!) you are already familiar with the importance behind regular practice. The accumulated value of regular, daily practice of meditation has been recognized for millennia by most wisdom traditions and has been recently documented over the last two decades by the scientific community in the form of 75+ measureable benefits. Some of these benefits include: reduced stress and anxiety, enhanced pain tolerance and emotional resilience, as well as greater clarity and focus. These numerous benefits have recently been realized within companies (Google) by professional athletes (Kobe Bryant), by CEOs (Ray Dalio, Arianna Huffington), by celebrities (Oprah and Richard Gere) as well as cancer patients and patients of all kinds. Beyond these concrete benefits resides the immeasurable abundance within. Therein lies the source of enhanced intuition, creativity, and wisdom.

Everyday Mindfulness for Everyone™ has been designed to make it easy and accessible to everyone and anyone to learn to meditate regularly. If you have been thinking about learning how to meditate or just wondering how mindfulness works, then Everyday Mindfulness for Everyone™ is for you. In weekly sessions participants will:

- Learn to customize their meditation for their level of experience and personality.
- Sample a wide variety of meditation experiences, then select techniques that work best for you.
- Learn about Mindfulness in Motion™ so that you may bring mindfulness into everyday life.
- Master the art of committed daily meditation.

**Tuesdays at 7:00 PM-8:00 PM**  
Unity Church of Rochester  
55 Prince Street Rochester NY 14607  
Love offering for Unity Church of Greater Rochester requested



## Light a Virtual Candle

Unity World Day of Prayer is a global event.

We invite you to light a virtual candle to represent your light shining in Prayer.

Visit: [www.unity.org](http://www.unity.org) click on World Day of Prayer scroll downclick on Light a Virtual candle and fill out the city, state and country.

Rev Ann lit the first candle for Rochester, NY.

Let's see Rochester's light grow brighter.



## Noon Meditation

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



## Sacred Healing Ministry

The next Sacred Healing Ministry will be on Sunday, September 18 as well as at the UCGR Retreat on Sept. 24. All are welcome to receive a Reiki or similar energy healing session as well as to sit in prayer or meditation. Myrtle Fillmore, co-founder of Unity, stood soundly in the value of prayer and divine healing, and this is supported in this service provided to all who come to sit and to receive.

Church attendees who are certified in Reiki and other healing modalities are invited to contact Donna Ries or Vicki Williams to discuss their participation in offering their services as well.



## Mandalas For Meditation

Maggie Brown will again be facilitating a workshop focused on using mandalas as a meditation practice. She will present an overview of historical and cultural examples followed by each participants creation of their own unique mandala. She will discuss various media that can be used and several ways that mandalas assist meditation by creating, focusing or coloring them.

No artistic or previous knowledge is required. All materials are provided.

The workshop is limited to 10 people to provide individual attention and expression. It is offered on a Love offering basis.

**Sunday, September 25**  
**12:15—2:15 PM**

# AUGUST 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>1</b>	<b>2</b> 7 PM Meditation	<b>3</b> Noon Meditation	<b>4</b>	<b>5</b>	<b>6</b>
<b>7</b> 10 AM Sunday Service Community Lunch	<b>8</b>	<b>9</b> 7 PM Meditation	<b>10</b> Noon Meditation	<b>11</b>	<b>12</b>	<b>13</b>
<b>14</b> 10 AM Sunday Service Board Meeting	<b>15</b>	<b>16</b> 7 PM Meditation	<b>17</b> Noon Meditation	<b>18</b>	<b>19</b>	<b>20</b>
<b>21</b> 10 AM Sunday Service w/Will Tuttle	<b>22</b> 7 PM Will Tuttle Concert	<b>23</b> 7 PM Meditation	<b>24</b> Noon Meditation	<b>25</b>	<b>26</b>	<b>27</b>
<b>28</b> 10 AM Sunday Service	<b>29</b>	<b>30</b> 7 PM Meditation	<b>31</b> Noon Meditation			

# SEPTEMBER 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				<b>1</b>	<b>2</b>	<b>3</b>
<b>4</b> 10 AM Sunday Service Community Lunch	<b>5</b> Labor Day	<b>6</b> 7 PM Meditation	<b>7</b> Noon Meditation	<b>8</b> World Day of Prayer Noon Prayer Vigil 6:30 Service	<b>9</b>	<b>10</b>
<b>11</b> 10 AM Sunday Service Board Meeting	<b>12</b>	<b>13</b> 7 PM Meditation	<b>14</b> Noon Meditation 7 PM Charley Thweatt	<b>15</b> Noon Meditation 7 PM Charley Thweatt	<b>16</b>	<b>17</b>
<b>18</b> 10 AM Sunday Service Sacred Healing	<b>19</b> Newsletter Dead- line	<b>20</b> 7 PM Meditation	<b>21</b> Noon Meditation	<b>22</b> First Day of Fall	<b>23</b>	<b>24</b>
<b>25</b> 10 AM Sunday Service	<b>26</b>	<b>27</b> 7 PM Meditation	<b>28</b> Newsletter Assem- bly Noon Meditation	<b>29</b>	<b>30</b>	

# Discover Relationships

## August ~ September Birthdays

Linda Waterman	August 2	Rev. Steve D'Annunzio	September 2
Mary Ellen Lundy	August 2	Susan Palmer	September 6
Stanley Marshall	August 2	Carlina Dunigan	September 10
Bonnie Jeffe	August 3	Reinhardt Brucker	September 10
Lisa Cashmere	August 4	Hattie Cottrell	September 19
Donna Ries	August 6	Javier Bautista	September 20
Victoria Simmons	August 9	Marty Roberts	September 21
Marna Rossi	August 11	Danielle Houppert	September 26
Deborah Houppert Nobles	August 12	Jaret Brzezniak	September 29
Maggie Brown	August 13	Peela Hooke	September 30
Sandra Chamberlain	August 16	Todd Smith	September 30
Larry Fogarty	August 19		
Albert Gruttadauria	August 26		
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. Next meeting August 6, 2016. <http://thereisonlygod.com>.

### Reminder

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*.



**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](http://www.unityrochester.org) and click on the purple button. Thank you.



### Women of Wisdom

The women of Unity Church of Greater Rochester meet every month sharing and laughing, usually at members' homes. The meetings are an opportunity to get to know each other at a more personal level. Those interested in hosting a meeting, please contact the church office at 585-473-0910.



Be sure to add the UCGR email: [unityroc@unityrochester.org](mailto: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](http://www.GoodSearch.com) or [www.GoodShop.com](http://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.



### 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.



### Submission Deadline

For October/November Newsletter

September 19, 2016

### Assembly Date

September 28, 2016



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Rochester, NY 14607-1025

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Find us on Facebook: Unity Rochester

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

**Sent with love to:**

### August Affirmations

#### Inner Peace

I surrender to the peace of God within.

#### Guidance

My light shines as confidence and understanding.

#### Healing

The healing life of God renews and strengthens me.

#### Prosperity

As I give, I receive.

#### World Peace

I see the world encircled in love and peace.

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.

August 7	Town of Ogden	September 4	Town of Penfield
August 14	Strong Neighborhood	September 11	Historic Maplewood
August 21	Town of Parma	September 18	Town of Perinton
August 28	Swillburg	September 25	South Wedge

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

Silent Unity's number is 1-800-669-7729 or go to  
[www.silentunity.org](http://www.silentunity.org)

[www.unityrochester.org](http://www.unityrochester.org)



Find us on Facebook: Unity Rochester