

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

Our Vision Statement
Humanity awakens and transforms into
its Divine Identity. Christ Church Unity
is focal point of service to this vision.

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Audio – Chris Spridy & Bob Gajewski
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Beautification—Paula Bramwell
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Submission deadline for next issue:
October 26, 2006

Christ Church Unity

Light Notes



October 2006

Dear Truth Students,

I greet you with blessings for a beautiful and fruitful October. Experienced gardeners say that Fall is planting time, more so than Spring, so take this time to plant your seeds for the intentions you wish to see manifest in your life.

I am grateful to those who came out to participate in the World Day of Prayer on September 14th. We learned some interesting things from the Wednesday night webcast: that as of the night before, Silent Unity had received one million prayer requests to be held in prayer during the 24 – hour period. Rev. Lynne Brown, director of Silent Unity, also said that there are eleven branches of Silent Unity: one at Unity Village, and ten more in various countries, including England, Germany, Mexico, Australia, Guyana, and others. My special thanks to Bob Gajewski for technical assistance on Wednesday night and again early on Thursday morning. Bernie Bowie also helped with the webcast on Thursday afternoon. To all who gave of their time and heart, thank you.

This month Thomas Warfield will receive the Individual Artist of the Year Award from the Arts and Cultural Council of Greater Rochester at a special luncheon on Oct. 24. We congratulate Thomas on this public recognition of his achievements; he has given a high example of using one's talents to help and inspire others.

More good news is that some members of our Promotion Club have “graduated” out of the group! Some have found new jobs they like, while others have started new advanced degree programs. I bless all of them in their success. This group is open to any new people who would like to have spiritual support in finding new or additional employment, or working toward any other career goal. Please see the calendar for meeting times.

Our Membership Meeting on Sept. 17 produced a prosperous result: we will proceed with plans for updating the lighting, ceiling panels and ceiling fans in the sanctuary. We are working with an interior designer who has experience in church renovations, and who has the goal of helping us achieve the results that we want. The members voted to allocate up to \$9000. to pay for the project. It was noted that the funds received in the Unexpected Income Program so far amounted to a little over ten thousand dollars (including one gift of seven thousand dollars received by the church on Sept. 3), and by using that, we will not need to do fundraising. The latter is a special joy to me, the manifestation of a goal I had: that we magnetize the money we need for things without extra fundraising. So far this has happened. I remember saying to one of my classes several months ago that if we needed to do fundraising, I would be non-resistant to it, but that I preferred it not be necessary. Thank you to God and to all who are contributing of their substance to support God's work here. I am grateful.

I would like to invite any interested person who attends our Sunday Service to join in standing with our Prayer Team, to hold sacred space during our prayer for individual needs. Please see the sign-up sheet to serve in this way for one month, on the Sundays you can be here.

Peace, Prosperity and Health to all of you,
Rev. Eleanor

Teachings in Truth

In my lesson on September 17 I presented the idea that each of us tells ourselves the “story” of our life. We do this sometimes by actually reviewing the events we have lived through, remembering the people we were with, and reliving both positive and negative experiences in our mind. (I suggest you listen to the recording if you were not here that day.) I would like to further develop this idea for you now.

At the subconscious level we tell our story in a number of ways. One is the underlying tone which runs through our mind throughout the day. This shows up as our prevailing mood, what kinds of things we expect to happen, the type of language we use, and our tone of voice and body language. It might even be reflected in our dress. This is why success coaches tell people to look at their entire “self-presentation” – because it is all “telling your story” to the world. (Feng Shui students: your physical environment too.)

In Unity we understand that “telling my story to the world” is actually telling my story to myself, because we are all one, and people and events show up in my world as a reflection of my consciousness. You recall hearing the statement, “Consciousness is all.” I AM a spirit having experiences which seem to be material. The story reflects what I think I am. (e.g. I, Eleanor, am actually writing this article to myself.)

Metaphors are an interesting way to think about your story. As I mentioned in my talk, you might think of your life as a melodrama, a soap opera, a boring story where nothing happens, etc. You are a hero, a victim, a martyr, a crusader, a rescuer, a genius, a starving artist, a hermit, etc. We not only think and believe the story, we also live into the story we have projected. These images produce after their kind – your life unfolds accordingly.

Another way this works is, you look back on what has happened in your life and you choose to ascribe importance and power to certain people and experiences you have been exposed to. You say that these situations or people have made you the way you are. You can free yourself now to have the kind of life you want by choosing to reevaluate what aspects of your experience you will give this power to.

I suggest this to you: the most important thing that has ever happened to you is that the Infinite Loving Spirit created you as an extension of Itself. You are made in the image and likeness of God. Your nature is divine, loving, beautiful and powerful. This is the most powerful energy and event in your life and everything else is small in comparison. Nothing can change your divinity.

Our Vision statement is, “Humanity awakens and transforms;” that is the story we are telling here. What is your story?

With love and blessings,
Rev. Eleanor

New This Month...



October 12

5:30 PM Planning Committee Meeting

October 14

1 PM Financial Prosperity Committee Meeting

October 11 & 25

5:30 PM Promotion Club

October 11, 18, 25

7 PM Your Word is Your Wand. Sequel to The Game of Life.

October 15

12:45 PM Nonjudgmental Communication Workshop with Paulie and Bob Gajewski.

October 22

Minister's Fireside Chat after Sunday Service

October 27

7 PM Feng Shui movie with Lyn Volare

Upcoming Events

November

Thanksgiving Dinner
Storytelling Sunday



Prayer

October Affirmations From Silent Unity

Inner Peace

I am a child of God, enfolded in perfect love and peace.

Guidance

The inspiration of Spirit leads me to new ideas and right choices.

Healing

My body is a temple of God's healing life. I am healthy and whole.

Prosperity

I am open and receptive to the goodness of God and prospered in all I do.

Prayer Ministry

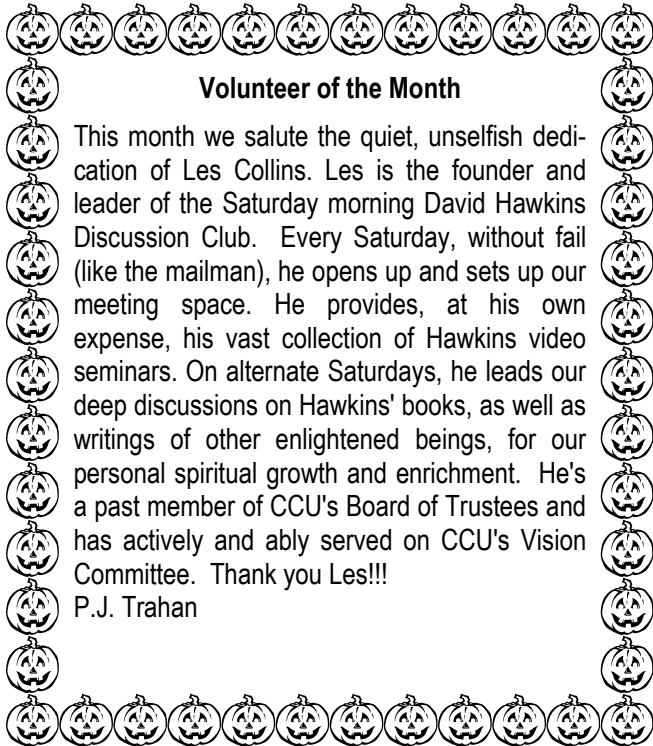
Rev. Eleanor is inviting up to ten people from the congregation to stand up with the Prayer Team during our prayers for individual needs in the Sunday Service. The goal is to strengthen the idea and feeling of *focusing spiritual love and power in space*. You are invited to sign yourself up for one month, to do this whichever Sundays you can be here. The next month, different people can take a turn. Or, just stand up if the Spirit moves you. Here is your chance to practice knowing "I am good enough!"

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 September Daily Word readers: David Mercer, Kathy Vidas, Diana Robinson.
- ◆ The beautiful flower arrangements from: John & Elsé Vella, MaryJo & Dick TenEyck, Bev Liederbach, Bill & Eileen Smith
- ◆ The helpful hands with the newsletter: Sue Giannavola, Kat VanMeenen, Paula Bramwell, Jean Marie Bianco, Rev. Eleanor.
- ◆ Thanks to those who gave their support to World Day of Prayer by coming to the vigil, attending a meditation service or being a guardian angel.
- ◆ Thank you to Bob Gajewski and Bernie Bowie for assisting us with the World Day of Prayer Webcast.
- ◆ Thank you to everyone who took the time to attend our Membership Meeting and participate in deciding on our lighting project.
- ◆ Thank you to Anita Gaiteri and Dorothea King for making lunches for September 17.
- ◆ Thank you to Dijana Winter and everyone who attended the workshop on September 16; it was a beautiful experience.
- ◆ We appreciate Les Collins of the David Hawkins group and Dijana Winter of the Course in Miracles class who make it possible for CCU to continue to offer these resources for spiritual growth.
- ◆ We give thanks for all who have signed up to help with the Christmas Prosperity Project, in particular co-leaders Bill & Eileen Smith.
- ◆ We are grateful for the blessing of an unexpected money gift of \$7000, which will help us pay for the renovations to the sanctuary.
- ◆ We bless all our volunteers who help us consistently in various capacities on Sunday mornings; thanks for making everything work!
- ◆ We are grateful to all of you who give us your presence, your love, your financial support, and who bring new people to introduce them to Unity.



Volunteer of the Month

This month we salute the quiet, unselfish dedication of Les Collins. Les is the founder and leader of the Saturday morning David Hawkins Discussion Club. Every Saturday, without fail (like the mailman), he opens up and sets up our meeting space. He provides, at his own expense, his vast collection of Hawkins video seminars. On alternate Saturdays, he leads our deep discussions on Hawkins' books, as well as writings of other enlightened beings, for our personal spiritual growth and enrichment. He's a past member of CCU's Board of Trustees and has actively and ably served on CCU's Vision Committee. Thank you Les!!!
P.J. Trahan

Divine Love richly provides everything



Board News

The fourth weekend in July, I attended a Board training workshop sponsored by Eastern Region AUC. The workshop, entitled "Multi-Ministry Leadership Education and Development," was held at the Unity Spiritual Center in Asbury, NJ. Barbara O'Hearne, Church Management Consultant for AUC, facilitated (although she and I were both delayed by weather that prevented our respective planes from landing in Newark in time for the Friday evening session.) In attendance were groups of ministers and Board members from Unity churches in New Jersey, Long Island, Queens, and eastern Pennsylvania. I had the distinction of traveling the farthest!

The day-long session on Saturday included presentations on "Current Trends in Spirituality," "Size Transitions in Ministry" and "Leadership Recruitment and Development." Based on questions and discussion that arose during those sessions, an additional presentation was added to cover "12 Principles of Govern-

ance." The final part of the day was designated as action planning time for individual churches, for putting our new learning into practice.

The sessions were all very worthwhile, well-presented and interesting. A list of highlights was shared with the Board during our August meeting, and I have recommended that Rev. Eleanor and other trustees also complete this training, as it contained a wealth of ideas and strategies that we could benefit from implementing. Some of what I brought back will be incorporated as we are launching the development of a strategic plan for Christ Church Unity.

And while the workshop stimulated thoughts for ways our church can move forward (if that is indeed what we, as a congregation, truly intend—a question we will need to explore...) I also had a number of opportunities to reflect on the ways Christ Church Unity

functions very well.

As a final note, I was glad I stayed over Saturday night and attended Sunday service at the Unity Spiritual Center. Rev. Audrey and the Board were very gracious hosts, and I'm pleased to have that positive connection.

Blessings,
Leslie Wright



Highlights from the Board

It is that time of year to prepare for changes in Board Membership. In accordance with the by-laws, the Board discussed the membership and potential scope of work for the Board Nominating Committee. According to CCU By-laws, one current Board member is required to sit on the Board Nominating Committee.

The Board approved a motion to apply approximately \$3000 from the June – September 2006 Unexpected Income Program and a \$7000. gift, minus a \$1000. tithe, to the sanctuary lighting upgrade. This would oc-

cur only if the project receives membership approval at the September 17, 2006 special membership meeting.

Paula Bramwell, Board President, is planning the agenda for a Board Retreat September 30, 2006. The retreat will focus on the CCU Strategic Plan development process. The Board will develop guidelines for the planning process and may appoint a Strategic Plan Committee to develop and submit the plan for approval.

Respectfully submitted,
Barbara Daly



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.

Christmas Prosperity Project 2006



As in 2005 CCU will be distributing food boxes for Christmas dinner to area individuals and families. This year we will add an Angel Tree to provide gifts for the children of these families. We will also be sending gift boxes to family or friends of CCU now serving in Iraq/Afghanistan. Beginning October 1 we will be collecting non-

perishable food items such as: instant mashed potatoes, canned yams, canned vegetables, stuffing mix. For our troops: tooth brush, disposable razors, playing cards, magazines. A complete list of items is available on the front counter in the lobby. If you are interested in helping with this project, contact Bill & Eileen Smith.

Bookstore Highlight

From Death to Birth Understanding Karma and Reincarnation

By Pandit Rajmani Tigunait, Ph. D.

This book gives you some insight to Eastern Philosophy / Death. It takes us along on a soul's journey from death to birth, dispelling the frequent misconceptions about this subject by revealing little-known but powerful truths. The author reveals

what karma really is, how we can create it, why it becomes our destiny, and how we can use it to shape the future of our dreams.

According to the author, there is nothing in our destiny that we ourselves did not create. The result of actions that we performed long ago have manifested as our current destiny. It is important that we begin to cultivate a positive composed mind. The first prerequisite for a higher spirituality is an uncomplicated mind. One of the steps to achieving this is forgiving and forgetting others.

Though at times it is difficult reading, this book will make you look at life situations in a different manner.

Thank God! I always have enough good and even some to

Ways to Get Involved

Promotion Club

The spiritual support group for people seeking new employment will meet in October 11 & 25 at 5:30 PM. Please call Rev. Eleanor for more information. New people are welcome.

Fun Club

The Fun Club will resume its Social Dancing Classes this month. If you are interested, contact Sylvia Barker.



Please call the church activity line for the date of the next meeting of The **One-Winged Angels** support group led by Jane Faust.

Library News



A book sale will be held in October in the lobby before and after service. Hard cover books will be available for \$1 and soft cover books will be 50¢. Audio and video tapes will also be available.

Books available for loan include such authors as: Wayne Dyer, Deepak Chopra, Norman Vincent Peale, Robert Schuler, Elie Wiesel, Jimmy Carter, Billy Graham, Edgar Cayce, Leo Buscaglia and Gary Zukav.

All books by Unity ministers and teachers using the Unity philosophy are located in one location on the wall.

Anyone who has borrowed and returned books, please make sure that you have completed the return portion of your library sign out card.

Living~Giving~Learning

Unity October Birthdays

Eleonore Braun	October 1
Cynthia Brone	October 1
Carol Thomas	October 2
Michael Gacek	October 7
Samuel Gaiteri	October 10
Brenda Bowles	October 12
Donna Frary	October 12
Maryanna Mueller	October 13
Wendy Smith	October 13
Carmela Laino	October 14
Analisa Leaming	October 15

Jean McDonough	October 17
Karen Sparka	October 18
Dawn Brucker	October 24
Kathryn Franz	October 24
Margie Elmer	October 29
Lyn Bianchi	October 30
Keith Brakenbury	October 31

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 October 7, 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: The Movie

Join Feng Shui Master Lyn Volare for this exciting visual exploration of the fascinating world of Feng Shui. There will be time after the film to discuss the innovative ideas presented and ask your own Feng Shui questions. Friday, October 27, 7—8:30 PM. Cost is a love offering. Questions? Contact Lyn Volare at 585-624-3359 or Lyn-volare@yahoo.com.

Coming Soon...

Dial—A—Prayer will soon be available on our website at

www.unityrochester.org



Look...New Office Hours

Our church office is open Monday—Friday 9:30 AM—1:30 PM starting September 5. 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.

Christ Church Unity
55 Prince Street
Rochester, NY 14607-1025

Phone: 585-473-0910
Fax: 585-271-1297
Email: unityroc@frontiernet.net
Website: www.unityrochester.org

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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:

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.