

# Unity Church of Greater Rochester

## A Positive Path for Spiritual Living



October/November 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.

### *"Filled to Over Flowing"*

*"Rejoice always, pray without ceasing, give thanks in all circumstances..."*  
(1 Thessalonians 5:16-18)

Dear Fellow Truth Seekers,

Wow!!! What exciting times at Unity Church of Greater Rochester!

We are experiencing growth and expansion within the walls of this church. We are filled with gratitude as our cups are overflowing in love and fellowship. Life is for increase. We claim and grow always in our greater understanding of our God at work in our lives. We place our attention on the good that is coming forward in our lives, the church and in the world.

Let's rejoice and give thanks for the eight individuals who came forward in membership on Sunday, September 13. You honor us with your expanded role in the church. Also, we give thanks and rejoice in the enthusiasm of those lights who stepped into serving this church in a greater way during our Loving Sacred Service (Volunteer) Sunday. Gratitude fills our hearts as we see our ministries flourishing as people become more active and involved in this church community.

On Labor Day, we found ourselves moving to the beat with Rock n' Roll Sunday. How wonderful it is to see the laughter and excitement as we ignite in living each moment.

We celebrate our connection with Unity worldwide during World Day of Prayer, our international event. Our prayer vigil opened with a noon service. Prayer and healing continued throughout the day. We closed our day with an evening service. We celebrated our diversity as members of our congregation recited the Lord's Prayer in their native language. We Are One!

How wonderful it is to see the laughter and joy be expressed as we expand in fellowship and fun. Join us October 17 for an evening of enjoyment with a Kirtan Concert.

Autumn is upon us! Please join us October 10 for the 2nd Sacred Service Saturday. Many hands make light work. We will be working inside and outside to enhance the building and grounds.

Join us on November 22 for our Thanksgiving Dinner after the Sunday service and Tree decorating November 29.

Namaste! Truly Honoring and Beholding the Christ You Are!  
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

## Staff

Jeanne Gagne`, Administrative Assistant

## Support Positions

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

## Ministries Leadership

Audio – Bernie Bowie  
Beautification/Earthkeepers Chair -  
Bookstore – Joan Miller  
Bylaws – Mary Ann Ruganis  
Circulation Day - Katherine DaCosta  
Counters - Marilyn Hampton  
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Financial Prosperity - Larlene Fyles  
Greeters – Jackie McCullough  
Hospitality -  
Librarian - Carol Baumeister  
Newsletter - Bernie Bowie  
Nominating Comm. - Stan Marshall  
Photographer - Mike Gacek  
Platform Assistants – Donna Ries  
Prayer Chaplain - Katherine DaCosta  
Prayer Team – Jean Marie Bianco  
Publicity -  
Purchasing Agent - Bernie Bowie  
Remembrance - Marilyn Hampton  
Search Committee - Kathy Anderson  
Social Outreach -  
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

## October Affirmations

### Inner Peace

I am completely and divinely loved.

### Guidance

God guides me on my unique path.

### Healing

I attune to wholeness and express perfect health.

### Prosperity

I am fearlessly and wondrously prosperous.

### World Peace

I nurture peace by loving myself and others.

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)

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.

October 4 Town of Pittsford  
October 11 Lyell—Otis  
October 18 Town of Riga  
October 25 Upper East End

November 1 Town of Rush  
November 8 Upper Monroe & Cobbs Hill  
November 15 Village of Scottsville  
November 22 Wadsworth Square  
November 29 Village of Spencerport



## Bookstore News

Five new copies of *Discover the Power Within You* by Eric Butterworth, have just arrived at the bookstore. In this 40th anniversary edition the author outlines ways in which we can release the power locked within us for better health, greater confidence, increased success and inspired openness to let our "light shine" forth. This book is a classic in UNITY literature. Also special thanks to Nancy Hicks for repainting the children's bookshelves in the bookstore and to John Vella for the great bookshelves he made and installed in the bookstore.

## Discover ~ Every Day



**October 10**  
Work Day

**October 25**  
Book Sale

**October 17**  
Kirtan Benefit Concert

**November 15**  
Gospel Music Sunday  
Sacred Healing

**October 18**  
Sacred Healing

**November 22**  
Thanksgiving Sunday

**October 23**  
Budget Request Due

**November 29**  
Tree Decorating

**October 25**  
Sunday Service  
Thomas Warfield



## MUSIC OF THE SOUL

**Unity Church of Greater Rochester is pleased to offer  
a unique concert event!**

***Sing, dance, clap for joy at a traditional Kirtan.***

The Sanskrit word Kirtan means praising the many names of God. In a traditional Kirtan the audience gets to sing along in a call and response style.

The Amrita Ensemble with Sonam Targee, Bruce McClellan and Alan Simon speaks to the heart, and offers an evening of beauty and devotion and joy.

We hope you will join us  
**Saturday, October 17, 2015**  
**7—9 PM**

Unity Church of Greater Rochester  
55 Prince Street  
Rochester, NY 14607

\$12 per ticket / 2 for \$20  
Tickets available at the door



## Board Highlights

I hope all of you had a fabulous summer – and that you were one of the many people that were able to take the time to attend Reverend Ann’s invocation on August 2<sup>nd</sup>. In addition to a great service led by Reverend Mary Masters, we had a very energetic and dedicated volunteer team that put together a wonderful reception that followed the service. You also may have noticed that the building and grounds were all spruced up prior to the event thanks to a lot of hard work and special donations that allowed the Board to hire a landscaper to help out. No more unsightly chain link fence on the North side! The Board is in awe of all of the talent and generosity of our congregation - and we are incredibly grateful to all for contributed to this even for their generosity and loving service.

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

- We adopted a new Policy Manual that the Centralized Information Team (CIT) presented to the Board on August 22<sup>nd</sup>. This new policy manual will be used to guide church operations in a consistent manner. As reported in my report in the last newsletter, June Fisher and the CIT worked very hard over the past two years to create this manual and its adoption is a major accomplishment and milestone in our church history. The Board is very appreciative of all the time and effort that it has taken to get this information pulled together.
- In addition to the policies that the CIT worked on and presented, the Board created and/or approved new procedures and policies for the following items:
  - ◇ Board members to provide leadership for Sunday Tithe counting activities.
  - ◇ To ensure the safety and security of staff and volunteers, no one is to be

in the church building alone at any time, i.e., there are to be at least two individuals present in the church at all times.

- ◇ Handling of disruptive behavior using recommendations made by Unity Worldwide Ministries.
- ◇ To eliminate the potential for a conflict of interest or ill will, employees and contractors are prohibited from borrowing money from any other employee, contractor, member, congregant or donor.
- Services and Contract approvals/ changes/signings/renewals:
  - ◇ Renewal of the Red Cross Parking agreement at a lower rate than last year given a requested reduction in the number of spaces being rented from 35 to 25.
  - ◇ A new one year contract with our neighbor, Charles Lawson to rent 10 parking spaces for his Erion Crescent tenants. The rental period is for 24 hours a day, 7 days a week except for Sundays between the hours of 8am and 2pm.
  - ◇ A locksmith was hired to rekey the front door as a security and safety precaution.
- Building front door: The Board has received bids for a new front door and will be calling a special membership meeting in October to present the details and request membership approval to proceed with replacing the current door that has become problematic of late.
- Storage of Confidential Information: A Board member donated a storage cabinet for this purpose that has been placed in the church office.
- Food Safety: The Board is interested in making sure that all events where food is involved are handled in a safe manner. Some guidelines for safely preparing dishes to pass were added to our website and referenced in the notice that went out advising of the return of the First Sunday Community lunch in September. The

Board expects to be doing more in this area, including creating a new hospitality team that will be trained in food safety. Looking forward, we expect the 2016 budget to include funds to purchase a new commercial dishwasher and start on a kitchen remodel.

That’s it for now!

In Love and Service,  
Mary Ann Ruganis  
Board Secretary



## Social Media

As we grow and expand Unity, our Facebook page is one path to share locally and around the country all at once! Anytime we post information or "share" what has already been posted, it creates the pebble-in-the-pond scenario. Our ministries can post information about their events, plans, needs and ideas. Individuals can share inspiring stories. Did you read a moving post on your timeline? Please share it with us! If you have ideas on what you would like to see more of on Facebook please let us know. Like attracts like - it is the universal law!

All are invited and encouraged to participate on our Facebook page. <http://www.facebook.com/UnityRochester>  
If you don't have a computer, you can see it online at your local library.  
Barbara Boyce

# Discover through Leadership



## Noon Meditation

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

## Gospel Music Sunday! November 11

Join us as we raise our voices in song during Gospel Music Sunday. Our musicians will be Reverend Sharon and Jerry Peters.



## Thanksgiving Dinner

### Sunday, November 22

Let us gather together and give Thanks! Join in a Thanksgiving dinner after service. Bring a favorite dish to be shared that would be served at your Thanksgiving meal.



## Book Sale Sunday, October 25

Read a good book that you'd like to pass along? Donate it to our Library book sale.

Accepting book donations beginning October 11. Please bring books in good condition of any kind except Encyclopedias, Readers Digest Condensed Books or Textbooks.

Looking for new reading material?  
Paperbacks: \$.50  
Hardcovers: \$1.00 +

Proceeds will enhance the Library.

## Beautification

Our committee has completed the reorganization of the bookstore. We have included a children's area and seating area. Joan is very happy with the outcome. Thank you Joan for all your patience on this project and co-operation. We worked very well together, making adjustments when necessary.

### Please come and help us

**Saturday, October 10 9 AM—1 PM**  
**Work Day help to spruce up indoors and outside.**

**November 28**  
**Mike & Johnny will bring in the tree**

**November 29**  
**Tree decorating after the service.**  
**Everyone is invited to help decorate.**

**January 10**  
**Pease help to take down the tree and decorations after the service.**  
**Everyone is invited.**

We are presently in the process of beginning to clean up the kitchen at Rev Ann's request. The committee has agreed to start going green. This is not a total remodel, just an improvement at the present time.

If anyone has suggestions or questions you can contact me at anytime. We wish all an enjoyable Fall Season.

Peace  
Carol C.



## Sacred Healing Ministry

Laura Harvey, editor of The Daily Word, encourages readers to live life with purpose. "Conscious awareness is key. When we are conscious of the presence of Spirit in and through all of life, we are able to see the presence of good everywhere."

**Each month, typically the third Sunday, a space of "Sacred Silence" is offered following the Sunday service.**

There is meditation music, quiet, and a Reiki Circle. When receiving in the Reiki Circle, the recipient is invited to sit in a quiet space releasing the thoughts that arise, and welcome the healing energy that is being received. This time is a gift to one's self, an opportunity to come into conscious awareness, to experience the peace and serenity of sacred silence. At times, a gift of pain relief, whether physical, mental or spiritual, is also received. This time and space is offered to anyone wanting to come into presence, to heal, to have a time-out from the busy pace of life.

Love donations are appreciated, as an acknowledgement of service and a demonstration of gratitude. The church receives all donations with the grace of deep thanksgiving for the generosity of all participants.

A sign-up sheet is posted in the lobby for the prior 2 weeks of the upcoming monthly event for individuals to make known their intent to receive Reiki. Individuals are also welcome to walk in for a Reiki treatment during the Sacred Healing service. We request a reverent quiet for all present, and we welcome you to receive Reiki or to choose to sit in silent prayer or contemplation. This space is for anyone and all are welcome.

If you have questions, or if you are a healing practitioner and wish to become part of our circle, please contact Vicki Williams ([Vicki@bluefrog.com](mailto:Vicki@bluefrog.com)) or Donna Ries ([donnaries@hotmail.com](mailto:donnaries@hotmail.com)), co-coordinators of the Sacred Healing Ministry.

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



# October 2015

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3 10 AM TIOG
4 10 AM Sunday Service	5	6	7	8	9	10 10 AM TIOG 9 AM Work Day
11 10 AM Sunday Service 11:45 AM Board Mtg	12 Columbus Day	13	14	15	16	17 10 AM TIOG 7 PM Kirtan Benefit Concert
18 10 AM Sunday Service 11:45 Sacred Healing	19	20	21	22	23 Budget Request Due	24 10 AM TIOG
25 10 AM Sunday Service Thomas Warfield Book Sale	26	27	28	29	30	31 Halloween 10 AM TIOG 

# November 2015

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Daylight Savings Time Ends 10 AM Sunday Service	2	3	4	5	6	7 10 AM TIOG
8 10 AM Sunday Service 11:45 Board Mtg	9	10	11 Veterans Day	12	13 Newsletter Deadline	14 10 AM TIOG
15 10 AM Sunday Service Gospel Sunday 11:45 Sacred Healing	16	17	18	19	20 Newsletter Assembly	21 10 AM TIOG
22 10 AM Sunday Service	23	24	25	26 	27	28 10 AM TIOG
29 First Sunday of Advent 10 AM Sunday Service Tree Decorating	30					

# Discover Relationships

## October ~ November Birthdays

Carol Thomas	October 2	Patrick Allyn-Welborn	November 1
Michael Gacek	October 7	Debra Flanagan	November 8
Elsè Vella	October 8	Jeffrey Smith	November 9
Maryanna Mueller	October 13	Coby Nichols	November 9
Wendy Smith	October 13	Sylvia Barker	November 22
Cory Tylenda	October 14	Jenna Vamvakias	November 24
Melissa Kelley	October 15	Deborah Mizma	November 28
Joanne Palmer	October 15	Beverly McGee	November 29
Karen Sparka	October 18	Mary Meissner	November 30
Tedda Wibberley	October 20		
Dawn Brucker	October 24		
Georgia Hazen	October 29		
Sammuel Gaiteri	October 30		

*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 October 3, 2015. <http://thereisonlygod.com>.

### 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.

Thank you for keeping our Sunday services fragrance free.



### 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*.



### 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.



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.

**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.

### Submission Deadline

For December/January Newsletter

November 13, 2015

### Assembly Date

November 20, 2015



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