

Unity Church of Greater Rochester

A Positive Path for Spiritual Living



October/November 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.

"I Am the Holy Home of God"

"Thus says the Lord of hosts: Here is a man whose name is Branch: for he shall branch out in his place and build the temple of the Lord"

(Zachariah 6:12)

Dear Fellow Truth Students,

The temple of the Lord is our I AM Presence!!! We are all branches of the Divine.

During a workshop this past month, those in attendance looked deeply into the eyes of the ones, who they were paired up with and saw the truth of the words, "You Are the holy home of God." Then the people receiving this message affirmed for themselves, "I Am the holy home of God." After several rounds of this, the truth of the words penetrated within us and we knew we were forever expanded. I invite you to find a partner (look into your own eyes in the mirror) and affirm the truth of these words, "I Am the holy home of God." We are the expanding light, ever growing into the truth that God lives and breathes and has Its being in us. We know that as we accept our divinity, we raise our consciousness thus raising the consciousness of the world. The Truth of this fills our hearts with wonder and gratitude.

Our year-long Twelve Powers journey continues with the Power of Zeal in October and the Power of Release in November. We will be rocking in the Power of Zeal at our 2nd annual Rock & Roll Sunday, October 16. **The Power of Zeal ignites our passion to move forward with enthusiasm and motivation.** How wonderful it is to see the laughter and excitement as we ignite living each moment as outward expressions of our Christ Nature. Zeal and enthusiasm continue as October 30 brings our first Chili and Chocolate Sunday. I invite you to bring your favorite chili recipe to this fun-loving competitive circle.

November is **the Power of Elimination. We release and let go of those thoughts, behaviors and habits, along with those items, that no longer serve us.** On October 16, we as a church community will embrace *40 Days of Thankful Living*. As we release the old patterns of thoughts, we replace them with gratitude for all the abundant good that is unfolding in our lives.

October 16 is Volunteer Recognition Sunday. I am sending heart-felt appreciation and gratitude and extreme love to all of you Gracious Beings who give of your time and talents to this church. I think of volunteerism more as sacred service. You give where you are spiritually fed so others can come and receive spiritual nourishment. THANK YOU!!! We would joke at Unity Village that it takes a village to run this village. Bless you for being part of the Village of Unity Church of Greater Rochester.

Please join us in celebration on November 20 for our Thanksgiving Dinner after the Sunday service and Tree decorating December 4 after the Sunday service.

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



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Discover by Sharing

Senior Minister, Rev. Ann Frances

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Jane Faust, Accompanist
Venise Cottrell, Clerical Assistant
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Music - Jane Faust/Rev. Ann Frances
Newsletter - Bernie Bowie
Nominating Comm. - Paula Fletcher
Photographer - Mike Gacek
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Prayer Chaplain - Katherine DaCosta/Jane Faust
Prayer Team – Jean Marie Bianco
Publicity -
Purchasing Agent - Bernie Bowie
Remembrance - Marilyn Hampton
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

October Affirmations

Inner Peace

Stillness nurtures peace in my soul.

Guidance

Attuned to Divine Mind, I grow in spiritual understanding.

Healing

The healing life of God renews and revitalizes me.

Prosperity

I sow positive thoughts and harvest abundant blessings.

World Peace

Divine love encircles the world, flowing from Heart to heart as peace.

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

Silent Unity's number is 1-800-669-7729 or go to 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 9 | Lyell—Otis | November 6 | Upper Monroe & Cobbs Hill |
| October 16 | Town of Riga | November 13 | Village of Scottsville |
| October 23 | Upper East End | November 20 | Wadsworth Square |
| October 30 | Town of Rush | November 27 | Village of Spencerport |





Discover ~ Every Day

October 2
Community Lunch

October 30
Chili & Chocolates

October 16
Volunteer Recognition
Sunday

November 6
Community Lunch
Fermenting Class

October 18
New Member Orientation
Basic Unity Class

November 20
Thanksgiving Dinner

Yoga Class begins

October 23
Sacred Healing

Time to Fall Back

Daylight Savings Time Ends
November 6

Set your clocks back 1 hour



Calling **ALL** Volunteers Who Give of Themselves

VOLUNTEER RECOGNITION SUNDAY

Sunday October 16, 10 AM

Honoring all those who have given in

SACRED SERVICE

of

Their TIME and TALENTS

**Come and allow us to sprinkle gratitude and appreciation
Upon you.**

Discover



Board Highlights

- Solicited and reviewed bids for north parking lot repair from facilities management team
- Reviewed bids for north parking lot repair with membership at a special meeting
- Exploring how to finance the north parking lot repairs (loans, grants, etc.)
- Initiated parking lot pledge fund to cover cost of north lot repairs
- Parking lot repair work is being scheduled, since pledge fund has met \$15,000 minimum goal as approved by membership
- Stucco repair work completed
- Painting of soffits completed
- Painting of exterior doors completed
- Trimming of hedges completed
- Facilities management team is doing ongoing care of church grounds
- Designated Sunday, October 16 as Volunteer Recognition Day
- Supported redesigning entryway to provide a better initial impression of what Unity is about
- Approved changing office staff hours, to eliminate Sunday hours and add another week day for second staff person
- Approved change in office staff
- Supported relocating church office to front foyer area
- Supported creating a Sunday Nursery program to be presently staffed with volunteers, as part of an expansion and reorganization of our children/youth education ministry
- Approved new request form for secular classes and workshop presenters
- Plans for a church art gallery are continuing
- 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
- Scheduled a membership meeting Aug. 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

Respectfully,
Mary Meissner
Board Secretary



Social Media

All of the communication sharing that each one of us does is just like a tithing – it keeps on working and expanding and giving. You can't help but notice the beautiful increase in new faces at UCGR. What a delight to welcome each and every one!

Expanding our presence through online networking is just one pathway we have to share our good news. When we share a link from our Unity website or our Facebook page, who knows where that message can reach eventually! We have "friends" all over the country! That's very exciting.

We invite everyone to join our Facebook page and share your stories about you and Unity. For team ministry news, I am happy to post short pieces or event invitations for you so that it is from our church and placement is on the opening page.

If anyone wants to help in our Facebook social ministry, I welcome your participation. The more we post and share, the larger the circle grows. You can email me or see me in church.

Barb Boyce



Chili Cook-Off & Chocolate Desserts! October 30

Enter your favorite Chili Recipe for the contest, or just bring your favorite chocolate dessert to share. A Great prize goes to the Chili Contest Winner. A \$5 love offering is suggested to grow our new coffee hour program.

Bring a friend, 'cause "The Heat is On!"

Discover through Leadership

New Members Orientation Unity Basic Class

Tuesday, October 18, and November 1
6:00 – 8:15 (both classes required)

Are you interested in becoming a member? Would you like to know more about this wonderful community?

Join us as we learn what makes up this Unity movement; “meet” co-founders Charles and Myrtle Fillmore and see the path they took that led to a movement that has been expanding for over 150 years. Reverend Ann is facilitating

**New Member Sunday is November 6,
10 AM.**



Wellness Calls

How would you like to be prayerfully connected to your Divine Source, through a once a month

Chaplaincy Wellness call? Your Prayer Chaplains are available to call you with an affirmative prayer and to pray for any concerns you have at that moments.

Everything is held in strictest confidence. Sign up forms are by the prayer box in the back of the Sanctuary. We lovingly bless you. It is our privilege to be of service.

Unity Church of Greater Rochester
Prayer Chaplains



Thanksgiving Dinner Sunday November 20

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



Restorative Yoga

This is a class that uses many paths to help achieve awareness in the body. In this class we connect the body with the breath through postures, breathing techniques, inquiry, meditation and myofascial release using balls. This is a yoga class that moves you through a flow of poses at slow to moderate pace, holding the poses as you go, so you can feel what your body needs from the inside out. We will be using blocks, straps and balls as needed. These tools will be provided.

This class is designed for all levels of experience in yoga from beginner to advance. All are welcome to attend.

Tuesdays October 18—November 29
10 AM—Noon
UCGR
Love Offering



Noon Meditation

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

Learning to Ferment Sunday, November 6 12—2 PM Love Offering

This is a class where we will be taking vegetables and dairy and learning to ferment them. We will be making foods that are nourishing to the body. Doing it yourself, making your own fermented foods helps to create good bacteria in the digestive track, saves you money and is a great way to get your probiotics. This is a hands on class so bring an apron and join us for some fun. Maximum for this class is 20 people to ensure hands on instruction. There will also be fermenting kits available for \$15-20 each.



Sacred Healing Ministry

The healing power of God is eternal.

Every moment of our life is an opportunity for healing and growth.

Did you know that Charles and Myrtle Fillmore, our founders, invited clients into their home for healing sessions? It had also been reported the Myrtle Fillmore stood on her front porch to do healings and there was always a long line waiting down the sidewalk! SPIRITUAL HEALING IS A CORE OF UNITY. The experience is one of wonderful peace, love, and healing.

I would like to speak about the heart:

~ It is through the heart we communicate with God.

~When you live with an open heart, you radiate love. Kindness, compassion, forgiveness, and gratitude become second nature. The heart never forgets these previous acts, these experiences stay in our hearts forever.

~The heart holds the ideas and attitudes about our worthiness to give and receive love.

~Musical note: F

~Essential oil: Rose

~Crystals: Rose Quartz, Diamond

~Metals: Copper, Gold

~Angelic Presence: Archangel Raphael

~Color: Green

Please come and join us for a Sacred/ Spiritual healing after service, usually the 3rd Sunday of the month. You can sit quietly and enjoy the sacred space and music or chose to experience the [Sacred Healing Practitioners](#). Be open to receive and believe.

We are courier's for Gods healing grace. To lay our hands upon another in the act of healing is a blessing.

In Gratitude, Vicki Williams
and Donna Ries

OCTOBER 2016

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|-----------------|--|-----------------------|-----|-----|-----|
|  | | | | | | 1 |
| 2 10 AM Sunday Service Community Lunch | 3 | 4 7 PM Meditation | 5 Noon Meditation | 6 | 7 | 8 |
| 9 10 AM Sunday Service Board Mtg | 10 Columbus Day | 11 7 PM Meditation | 12 Noon Meditation | 13 | 14 | 15 |
| 16 10 AM Sunday Service Volunteer Recognition | 17 | 18 10 AM Yoga 6 PM New Member 7 PM Meditation | 19 Noon Meditation | 20 | 21 | 22 |
| 23 10 AM Sunday Service Sacred Service | 24 | 25 10 AM Yoga 7 PM Meditation | 26 Noon Meditation | 27 | 28 | 29 |
| 30 10 AM Sunday Service Chili & Chocolate | 31 Halloween |  | | | | |

NOVEMBER 2016

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|---------------------------|--|-----------------------|--|------------------|-----|
|  | | 1 10 AM Yoga 6 PM New Member | 2 Noon Meditation | 3 | 4 | 5 |
| 6 Daylight Savings Time Ends 10 AM Sunday Service Community Lunch Fermenting Class | 7 | 8 Election Day 10 AM Yoga | 9 Noon Meditation | 10 | 11 Veterans Day | 12 |
| 13 10 AM Sunday Service Board Mtg | 14 | 15 10 AM Yoga | 16 Noon Meditation | 17 | 18 | 19 |
| 20 10 AM Sunday Service Thanksgiving Dinner | 21 Newsletter Deadline | 22 10 AM Yoga | 23 Noon Meditation | 24 Thanksgiving Office Closed | 25 Office Closed | 26 |
| 27 10 AM Sunday Service | 28 | 29 10 AM Yoga 1 PM Newsletter Assembly | 30 Noon Meditation |  | | |

Discover Relationships

October ~ November Birthdays

| | | | |
|------------------------|------------|-----------------------|-------------|
| Michael Gacek | October 7 | Patrick Allyn-Welborn | November 1 |
| Elsè Vella | October 8 | Coby Nichols | November 9 |
| Maryanna Mueller | October 13 | Jenna Vamvakias | November 24 |
| Wendy Smith | October 13 | Deborah Mizma | November 28 |
| Cory Tylenda | October 14 | Beverly McGee | November 29 |
| Melissa Kelley | October 15 | Mary Meissner | November 30 |
| Joanne Palmer | October 15 | | |
| Karen Sparka | October 18 | | |
| Tedda Wibberley | October 20 | | |
| Linda Allyn-Welborn | October 23 | | |
| Rev. Ann Frances | October 23 | | |
| Sandy Hodgdon-McLellan | October 23 | | |
| Dawn Brucker | October 24 | | |
| Sandra Good | October 25 | | |
| Georgia Hazen | October 29 | | |
| Samuel 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 1, 2016. <http://thereisonlygod.com>.

Reminder

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



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.



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 to your address book to make sure you get all the news.

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.



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

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Submission Deadline

For December Newsletter

November 21, 2016

Assembly Date

November 29, 2016



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